

The materials are adapted from the Group Lifestyle Balance (GLB) curriculum, developed by the University of Pittsburgh Diabetes Prevention Support Center: Kramer MK, Kriska AM, Venditti EM, et al. (2009). Translating the Diabetes Prevention Program: A Comprehensive Model for Prevention Training and Program Delivery. *American Journal of Preventive Medicine*, 37(6), 505-511

CABLE: Chinese American Balanced Lifestyle Education. Catherine Chesla, RN, PhD; Kevin Chun, PhD; Yulanda Kwong, MSW; Caryl Gay, PhD; Han-Lin Chi, RN, PhD; Yunzi Gu, RN, MN; Lenore Hernandez, RN, CDE, PhD; Peggy Huang, RN, CDE. School of Nursing, University of California, San Francisco. 2016. This project was funded by a UCSF Academic Senate Research Award and the Shobe Endowed Chair. For more information, please contact: Catherine A. Chesla, Professor and Shobe Endowed Chair, Department of Family Health Care Nursing, University of California, San Francisco. (Kit.chesla@ucsf.edu)

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均衡生活小組

A Modification of the Diabetes Prevention Program's
Lifestyle Change Program
– 此課程修改自糖尿病預防專案之生活方式改造課程

Participant Notebook

使用者手冊

Group Lifestyle Balance

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GROUP LIFESTYLE BALANCE™

均衡生活小組

A Modification of the Diabetes Prevention Program's Lifestyle Change Program

– 此方案修改自糖尿病預防計畫之生活方式改造方案

Your name: _____

您的姓名：

Your Lifestyle Coach is: _____

您的教員：

Lifestyle Coach contact information: _____

教員聯絡資料：

Work Address: _____

工作場所地址：

Phone: _____

電話：

E-mail: _____

電子郵件：



Session 1: Welcome to the Group Lifestyle Balance™ Program

第一課：歡迎加入均衡生活小組

Be a Good Group Member

成為一名好成員

A group is like a sports team. By working together, group members can:

一個小組就像一支運動團隊，藉由彼此合作便能：

- **Support and encourage each other.**
成員彼此支持與鼓勵
- **Share ideas to solve problems.**
提出各樣想法來解決問題
- **Motivate one another.**
激勵其他成員

Being a good group member is a responsibility to others.

成為一名好成員是向其他成員負責的表現

It is also the best way to help YOU be successful.

同時，也是使您成功的最佳途徑

Ten Ways to Be a Good Group Member

成為好成員的 10 個方式

- 1. Do your very best to come to every meeting. This is important even when it's hard to follow the program.**
即使無法跟上課程內容，參與每次的小組仍然非常重要。
- 2. Be on time. Call if you can't come.**
準時出席，如果無法前來，請先電話告知。
- 3. Complete the things you're supposed to do at home.**
回家做作業。
- 4. Bring your notebook and Keeping Track to every meeting.**
每次攜帶筆記本做筆記。

5. Take part in sharing your ideas with other group members.

與其他成員分享自己的想法。

6. Let everyone have a chance to share. Be careful how much time you spend talking.

注意每次發言的時間，讓其他成員也有機會分享。

7. Be willing to really listen to other people's concerns. Do what you can to show you understand and care. Share what has worked for you.

傾聽他人的分享。盡量表達您的瞭解與關心，並與其他成員分享有成效的方法。

8. Do not repeat to other people outside of the group anything personal that's talked about in the group.

不在小組以外談論小組裡的分享內容。

9. Respect other people's ideas. Avoid putting others down.

避免輕視他人的意見，尊重他人。

10. Stress the good things.

著重有益的分享內容。

Remember, "team spirit" helps everyone on the team!

記得，“小組精神”會協助每一位小組成員！



**Welcome to the Group
Lifestyle Balance™ Program**
歡迎來到均衡生活小組

Remember your purpose

謹記您的目標

- Why I joined the Group Lifestyle Balance™ Program:

我為什麼會來參加均衡生活小組：

- What I hope to achieve by taking part in the Group Lifestyle Balance Program:

透過均衡生活小組，我希望達成的目的：

- How healthy eating and being active will help me and/or others:

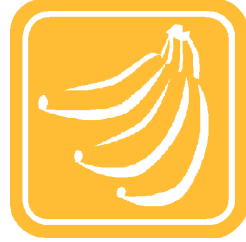
透過健康的飲食與增加活動量，我能如何幫助自己與他人：

The Focus of the *Group Lifestyle Balance™* Program

均衡生活小組之重點

We call our program "Lifestyle Balance" because we will help you reach a healthy balance between two parts of your lifestyle:

小組稱為“均衡生活”是因為透過小組課程，能幫助您達到健康均衡的生活。
此課程包括兩個部分：



1. What you eat. 您的飲食
2. How physically active you are. 您的活動量



Your Lifestyle Balance goals will be to:

為了達到均衡生活的目標，您需要：

1. Lose weight through healthy eating.

透過健康的飲食來減重

2. Be more physically active.

增加活動量

An important study showed that making these lifestyle changes and keeping them up over time can **prevent diabetes** in people like you who are at risk for diabetes.

有一個重要的研究報告發現：改變生活方式並且持之以恆，可以讓屬於糖尿病高危險族群的你，預防糖尿病。

The study was called the “Diabetes Prevention Program”.
研究報告叫做“糖尿病預防專案”。



The Diabetes Prevention Program **糖尿病預防專案** **(or DPP)**

The **Diabetes Prevention Program (or DPP)** was conducted at 27 health centers throughout the United States. The DPP was funded by the National Institutes of Health.

糖尿病預防專案是由國立衛生研究院提供資金而成立，總計共27所美國醫療中心參與此專案。

More than 3,000 adults took part in the DPP.

All were at high risk for Type 2 diabetes. This means they had a condition known as “pre-diabetes”. Pre-diabetes is defined as having glucose (blood sugar) levels that are elevated but not high enough to be considered diabetes. People with pre-diabetes can have an elevated fasting glucose or an elevated glucose during an oral glucose tolerance test, or both.

已有超過3000位成人參與糖尿病預防專案。

這些參與者都是罹患第2型糖尿病的高危險群，這表示他們正在經歷“糖尿病前期”的階段。糖尿病前期的定義是血糖偏高，但又未達到診斷糖尿病的數值。糖尿病前期患者，其空腹血糖偏高或在進行口服葡萄糖耐性測驗時，血糖會升高，抑或兩者都升高。

- About half of the study participants were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. Diabetes is very common in those groups.

約有一半的參與者是非裔美國人，拉丁裔，美國印定安人，亞洲人，或是太平洋島嶼住民。在這些族群中，糖尿病是一個常見的疾病。

- Two out of ten were 60 years old or older, another high-risk group.
60歲以上的年長者為另一個高危險族群。參與者中，每十個人就有兩個人屬於這個族群。
- The average starting weight was 207 pounds.
參與者的平均體重為207磅

Each person was assigned by chance to one of three groups.

每位參與者隨機分配至三個組別

- One group took part in a program to lose weight and be more active.
第一組，參與者藉著專案課程學習減重與增加活動量。
- One group took metformin, a pill used to treat diabetes.
第二組，參與者服用糖尿病口服藥 - metformin。
- One group took a placebo or sugar pill.
第三組，參與者服用安慰劑或是糖製藥丸。

The DPP was a great success.

糖尿病預防專案非常成功

The volunteers were followed for about 3 years.

參與者參與研究三年。

Taking metformin cut the risk of Type 2 diabetes by 31 percent.

服用metformin可降低 31% 罹患第2型糖尿病的風險

The program to lose weight and be more active was even more successful.

減重及增加活動量課程的組別，則更加成功。

- **Losing 10 to 15 pounds and being moderately active (similar to a brisk walk) for a minimum of 150 minutes per week cut the risk of Type 2 diabetes by 58% (more than half).**
若體重減少10 -15磅，加上每週至少實行中度運動150分鐘(比方說快步走)可降低58% 罹患第2型糖尿病的風險 (減少一半以上的風險)。
- **For those over 60, it cut the risk by 71% (almost three-quarters).**
而60歲以上的年長者，則降低71%罹患第2型糖尿病的風險(減少3/4的風險)。

As a result of the DPP, many international, national, state, and local groups have begun programs like this one to help people lose weight and be more active.

因著糖尿病預防專案的成功，美國境內各州、社區，或是其他國家，均開始效仿此專案計劃幫助人們減重以及增加活動量。



The Diabetes Prevention Program (or DPP) 糖尿病預防專案

The DPP also showed that losing weight and being active can reduce the risk of what's called the "metabolic syndrome".

糖尿病預防專案研究發現：減重與增加活動量能有效降低罹患“新陳代謝症候群”的風險。

Someone with metabolic syndrome has three or more of the following:

符合下列三項以上的症狀，稱為“新陳代謝症候群”

- Fat stored largely in the belly (being “apple shaped”)
大量脂肪積聚在肚子上 (蘋果體型)
- High triglycerides (a kind of fat in the blood)
三酸甘油酯遠高於正常值 (一種血液中的油脂)
- Low HDL cholesterol (“good cholesterol”)
高密度脂蛋白膽固醇(“好”的膽固醇)低於正常值
- High blood pressure
高血壓
- High fasting blood glucose (blood sugar)
空腹葡萄糖值(血糖)高於正常值

One of every four American adults has the metabolic syndrome.

Metabolic syndrome increases your risk of:

在美國，每四位成人就有一位罹患新陳代謝症候群。

新陳代謝症候群會增加您罹患下列疾病的風險:

- Heart attack
心臟病發
- Diabetes
糖尿病
- Stroke
中風
- Kidney problems (if you have heart disease and diabetes)



腎臟疾病 (這此之前，您已同時罹患心臟病和糖尿病)

The DPP lifestyle program reduced the risk of the metabolic syndrome by 41%.
參加糖尿病預防專案提供的生活課程，可有效降低 41% 罹患新陳代謝症候群的風險。

The Group Lifestyle Balance™ Program is designed to help you make lifestyle changes to both prevent diabetes and prevent or treat the metabolic syndrome.

「均衡生活小組」課程設計的目的，是要幫助您透過調整生活習慣來預防糖尿病，並治療新陳代謝症候群。



The Diabetes Prevention Program Outcomes Study (or DPPOS)

糖尿病預防成效研究

The landmark DPP study continues. About 88% (2,766 volunteers) of the eligible DPP group joined the DPPOS. This group of adults stuck with the program for more than five additional years.

糖尿病預防成效研究是糖尿病預防專案後的跟進研究。約有 88% ，共有 2,766 位自願者繼續參加糖尿病預防成效研究，時間長達五年。

DPPOS has two main goals.

糖尿病預防成效研究有兩個主要目標：

- Continue to delay and prevent diabetes.
持續預防和延遲罹患糖尿病的發生。
- Prevent diabetes complications such as kidney, eye and nerve problems and heart disease over the long run.

Because lifestyle treatment worked best, all DPP volunteers were invited to participate in a 16-session Lifestyle Balance group program during a bridge period before the DPPOS follow-up.

改變生活方式是最有效的治療方法。因此，在糖尿病預防專案結束後，並糖尿病預防成效研究還沒開始的這段時間內，所有的參與者被邀請參加 16 堂生活均衡課程。

Then, during the first five years of DPPOS:

課程結束後，糖尿病預防成效研究在前五年進行下列活動

- Every participant was invited to four educational sessions per year on a variety of healthy lifestyle topics.
每一年，邀請所有參與者參加 4 堂教育課程，課程內容為各樣關於生活方式的主題。
- The original lifestyle group was offered BOOST sessions (in the fall and the spring of each year) to reinvigorate their behavior change efforts.
為了維持改變後的生活方式，將提供“加強課程”給當初參加生活課程的小組員 (於每年的春，秋兩季舉行)。



- The original metformin group continued to receive metformin pills.
最初服用 metformin 的組員，會繼續服用 metformin



The Diabetes Prevention Program Outcomes Study (or DPPOS)

糖尿病預防成效研究

What are the main findings of the DPPOS?

糖尿病預防成效研究有以下的效果：

A committed group of volunteers has been followed for 10 years, on average.

固定的組員參與研究，平均達 10 年

- The original lifestyle group developed diabetes at a rate 34% lower than the people who were in the original placebo group.
最初參加生活課程小組的組員中，罹患糖尿病的人數比服用安慰劑的小組（對照組）少了 34%。
- Lifestyle participants aged 60 and older developed diabetes at a rate 49% lower than those in the placebo group.
參與生活課程小組 60 歲以上的組員，罹患糖尿病的人數比對照組少了 49%。
- The original metformin group developed diabetes at a rate 18% lower than those in the placebo group.
最初服用 metoformin 的小組，罹患糖尿病的人數比對照組少了 18%。

How about weight loss?

評估減重的效果：

- Both the lifestyle and metformin groups have demonstrated a 4-5 pound average weight loss since the start of DPP.
生活課程小組與服用 metformin 的小組，都平均減輕 4 -5 磅體重。

- This means there was a regain for the lifestyle group (from a 10 pound weight loss at the end of DPP).
這表示生活課程小組組員體重有回升。(糖尿病預防專案結束時，減重 10 鎊以上)
- Nonetheless, there is no other study that shows this amount of weight loss over such a long period of time.
儘管如此，至今還沒有其他研究能有如此持久減重的效果。

**Making and maintaining healthy lifestyle changes can
lower risk for diabetes over the long-run.**
改變生活方式並持續過著建康的生活，能長時間減低罹患糖尿病的風險。



The Lifestyle Balance Design

均衡生活的課程設計

The Group Lifestyle Balance™ Program is based on the DPP lifestyle change program. It is also based on many research studies of the best ways to help people change. “均衡生活小組”的課程設計，是根據糖尿病預防方案裡的課程，以及大量研究報告作為基礎。這些研究報告的目的，是為了幫助人找到改變行為的最佳途徑。

In this program we will help you:

此課程可以幫助您：



- Learn the facts about healthy eating and being active.

了解健康飲食與增加活動量的事實。

- Learn what makes it hard for you to eat healthy and be active.

了解阻礙您選擇健康飲食與增加活動量的原因

- Learn how to change these things so they work for you, not against you.

學習如何有效調整生活方式。

For example, you'll learn how to:

例如，您將學習的事物包括：

- Be more aware of what you are eating and how to make healthy food choices.
選擇健康的飲食，並注意自己的飲食。
- Find time to be active.
安排活動時間。

- Ask for what you want when you eat out.

在外用餐時，點取您所需的飲食。

- Keep things around you at home and at work that make it easier for you to be active and eat healthy. Get rid of things that get in your way.

將健康飲食及增加活動量融入生活中，並避免所有會妨礙您邁向健康的事物。

- Stop negative thoughts and replace them with positive ones.

用正面思考取代負面思考。

- Get back on your feet again when you slip from your plans for healthy eating and being active.

當失去動力實行安排的飲食與活動計劃時，學習重新拾起動力。

- Handle stress, social events and other people that make it hard for you to change.

適當處裡會妨礙您過健康生活的事物- 包括壓力、社交活動，以及特定的人。



The Lifestyle Balance Goals

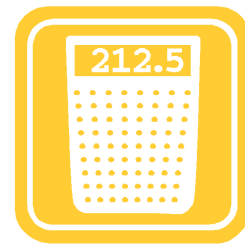
均衡生活的目標

1. Lose 7% of your weight through healthy eating.

藉由健康的飲食，減輕 7% 的體重

Your goal will be to weigh
_____ pounds or less.

目標體重：少於 _____ 磅



2. Do 2 ½ hours of brisk, physical activity each week.

每週做 2 個半小時的運動

Example: Take a brisk walk for 30 minutes on five days of the week.

例如：一週 5 天，每天快走 30 分鐘

The Lifestyle Balance goals are safe and can be reached.

均衡生活的目標，是安全且能力所及的。

We will help you reach the goals by making **gradual, healthy, and reasonable changes** in your eating and activity.

我們將使用漸進、健康、以及合理的方式，幫助您改變您的飲食及日常活動，來達到上述的目標。



Reaching the Lifestyle Balance Goals: 達到均衡生活的目標：

1. May prevent diabetes.
可以預防糖尿病

The Diabetes Prevention Program showed that reaching the same weight loss and physical activity goals reduced the risk of Type 2 diabetes.
糖尿病預防專案的成果顯示，成功減重並增加活動量能減低罹患第 2 型糖尿病的風險。

2. Will help you look and feel better and be more healthy.
幫助您改善身心的愉悅，活的更健康

Research has shown that losing weight and being active can:
根據研究報告，您可藉由減重和增加活動量達到：

- Relieve tension, help you relax and sleep.
紓緩緊張，幫助您放鬆和睡眠
- Give you more energy, make it easier to get around.
提升精力，減少生活的疲勞感。
- Lower blood pressure.
降低血壓
- Lower blood levels of LDL ("bad" cholesterol or fat in the blood).

降低血液中的低密度脂蛋白膽固醇 (“壞”膽固醇)

- Raise blood levels of HDL ("good" cholesterol or fat in the blood).

提升血液中的高密度脂蛋白膽固醇 (“好”膽固醇)

3. Will set a good example for your family, friends, and community.

在家人、朋友，及社區中，樹立好的典範。

Changing behavior takes work. We are here to help.

And you can do it!

在此，我們將幫助您改變生活方式，您一定可以做到!



We Will Work Together as a TEAM 讓我們彼此合作，成為團隊!

We will count on you to:

我們將期待您:

- Attend or view the sessions each week and follow your handouts.
出席或是閱覽每週課程，並跟從講義的指示。
- Do your best to reach your eating and activity goals. That includes doing assigned activities to practice what you learn.
盡力達到設定的飲食及活動目標，這包括做作業和練習每次所學的內容。
- Keep track of your eating and activity 7 days a week. Be honest.
誠實地記錄每日的飲食與活動。
- Keep track of your weight.
持續記錄體重。
- Let your Lifestyle Coach know if you have any problems.
若有任何問題，務必告知您的教員。
- Stay willing and open to change.
持續接受改變。
Always “hang in there.”
永遠有“撐下去”的精神!



You can count on us to:

您能期待我們：

- Present accurate facts about healthy eating, physical activity, and weight loss.
提供健康飲食、身體活動，以及減重相關的正确知識

- Answer your questions.
回答您的問題
- Be honest.
要誠實
- Believe you can reach your eating and activity goals.
相信您能達到所設的飲食與活動目標
- Always “hang in there” for you.
永遠與您一同“撐下去”
- Support and help you.
支持和幫助您

We agree to work together in the ways described above.
我們同意以上所述，並同意彼此合作

Signed: _____
簽名

Date: _____
日期

Lifestyle Coach: _____
教員



Group Lifestyle Balance™ Sessions 均衡生活課程表

Month 1 第一個月

1. Welcome to the GLB Program
歡迎來到均衡生活小組
- 2: Be a Fat and Calorie Detective
成為脂肪與卡路里的偵探
- 3: Healthy Eating
健康的飲食
- 4: Move Those Muscles
活動肌肉

Month 2 第二個月

- 5: Tip the Calorie Balance
平衡卡路里的小祕訣
- 6: Take Charge of What's Around You
掌握您的資源
- 7: Problem Solving
解決問題
- 8: Four Keys to Healthy Eating Out
健康外食的四個訣竅

Month 3 第3 個月

- 9: The Challenge of Changing Your Lifestyle
改變生活所面對的挑戰

10: Jump Start Your Activity Plan
活動計劃開始！

11: Make Social Cues Work for You
適當的社交生活

12: Ways to Stay Motivated
維持動力的方法

Month 4
第4個月

13. More Volume, Fewer Calories
更多份量，更少卡路里

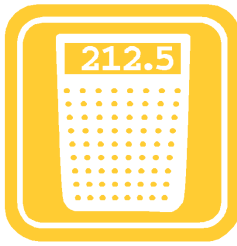
14: Balance Your Thoughts
合宜的思考方式

Month 5
第5個月

15: Strengthen Your Exercise Program
加強您的活動計畫

Month 6
第6個月

16: Looking Back and Looking Forward
回顧過去，展望未來



Recommended Weight Loss 建議的減重量

Minimum Recommended Weight for Height

身高與最低標準體重對照表

If you want to lose more than 7% of your starting weight, we encourage you to do so. However, we recommend that you remain at or above the weight given below for your height, based on a BMI of 21kg/m².

我們鼓勵您減輕原來體重的 7% 以上。然而，基於身體質量指數(BMI) 21 kg/m² 的標準，我們建議您：根據您的身高，能維持或大於以下表格所顯示的磅數：

Height (in.) 身高 (英吋)	Weight (lb.) 體重 (磅)
48	69
49	72
50	75
51	78
52	81
53	84
54	87
55	90
56	94
57	97
58	100
59	104
60	108
61	111
62	115
63	119

64	122
65	126
66	130
67	134
68	138
69	142
70	146
71	151
72	155
73	159
74	164
75	168
76	173
77	177
78	182
79	186
80	191



Goal Weights 體重目標

Goal Weights for the Group Lifestyle Balance Program
均衡生活小組所設定的目標體重

Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
120	8	112
121	8	113
122	9	113
123	9	114
124	9	115
125	9	116
126	9	117
127	9	118
128	9	119
129	9	120
130	9	121
131	9	122
132	9	123

133	9	124
134	9	125
135	9	126
136	10	126
137	10	127
138	10	128
139	10	129
140	10	130
141	10	131
142	10	132
143	10	133
144	10	134
145	10	135
146	10	136
147	10	137
148	10	138

Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
149	10	139
150	11	139
151	11	140
152	11	141
153	11	142
154	11	143
155	11	144
156	11	145
157	11	146
158	11	147
159	11	148
160	11	149
161	11	150
162	11	151
163	11	152
164	11	153
165	12	153
166	12	154

167	12	155
168	12	156
169	12	157
170	12	158
171	12	159
172	12	160
173	12	161
174	12	162
175	12	163
176	12	164
177	12	165
178	12	166
179	13	166
180	13	167
181	13	168
182	13	169
183	13	170
184	13	171
185	13	172
Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
186	13	173
187	13	174
188	13	175
189	13	176
190	13	177
191	13	178
192	13	179
193	14	179
194	14	180
195	14	181
196	14	182
197	14	183
198	14	184
199	14	185
200	14	186
201	14	187
202	14	188

203	14	189
204	14	190
205	14	191
206	14	192
207	14	193
208	15	193
209	15	194
210	15	195
211	15	196
212	15	197
213	15	198
214	15	199
215	15	200
216	15	201
217	15	202
218	15	203
219	15	204
220	15	205
221	15	206
222	16	206
Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
223	16	207
224	16	208
225	16	209
226	16	210
227	16	211
228	16	212
229	16	213
230	16	214
231	16	215
232	16	216
233	16	217
234	16	218
235	16	219
236	17	219
237	17	220
238	17	221

239	17	222
240	17	223
241	17	224
242	17	225
243	17	226
244	17	227
245	17	228
246	17	229
247	17	230
248	17	231
249	17	232
250	18	232
251	18	233
252	18	234
253	18	235
254	18	236
255	18	237
256	18	238
257	18	239
258	18	240
259	18	241
Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
260	18	242
261	18	243
262	18	244
263	18	245
264	18	246
265	19	246
266	19	247
267	19	248
268	19	249
269	19	250
270	19	251
271	19	252
272	19	253
273	19	254
274	19	255

275	19	256
276	19	257
277	19	258
278	19	259
279	20	259
280	20	260
281	20	261
282	20	262
283	20	263
284	20	264
285	20	265
286	20	266
287	20	267
288	20	268
289	20	269
290	20	270
291	20	271
292	20	272
293	21	272
294	21	273
295	21	274
296	21	275
Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
297	21	276
298	21	277
299	21	278
300	21	279
301	21	280
302	21	281
303	21	282
304	21	283
305	21	284
306	21	285
307	21	286
308	22	286
309	22	287
310	22	288

311	22	289
312	22	290
313	22	291
314	22	292
315	22	293
316	22	294
317	22	295
318	22	296
319	22	297
320	22	298
321	22	299
322	23	299
323	23	300
324	23	301
325	23	302
326	23	303
327	23	304
328	23	305
329	23	306
330	23	307

Starting Weight 原來的體重	Pounds to Lose 要減輕的磅數	Goal Weight 目標體重
331	23	308
332	23	309
333	23	310
334	23	311
335	23	312
336	24	312
337	24	313
338	24	314
339	24	315
340	24	316
341	24	317
342	24	318
343	24	319
344	24	320
345	24	321
346	24	322
347	24	323
348	24	324
349	24	325
350	25	325
351	25	326
352	25	327
353	25	328
354	25	329
355	25	330
356	25	331
357	25	332
358	25	333
359	25	334
360	25	335
361	25	336
362	25	337
363	25	338
364	25	339



Getting Started Losing Weight

減重開始!

To help you **lose weight**, our goal is to help you eat a **healthy diet**.

我們希望藉由**健康飲食**，來幫助您**減重**

Healthy eating involves eating **less fat and fewer calories**.

健康飲食包括：減少脂肪與卡路里的攝取

- Eating too much fat is fattening (makes us fat) and contributes to heart disease, diabetes and other health problems.

攝取過量的脂肪，不但會造成肥胖，還會造成心臟疾病，糖尿病，和其他健康的問題

- Eating too many calories from any type of food is also fattening.

從不同的食物中，攝取過多的卡路里，也會造成肥胖



The first step to eating less fat and fewer calories is to figure out how much fat and calories you are eating *now*.

為了減少脂肪與卡路里的攝取，首先要了解，在您目前的飲食到底吃了多少脂肪與卡路里。



Write down everything you eat and drink every day.

記錄每日的飲食

It's the **MOST IMPORTANT** part of changing your behavior.

這是改變您行為最重要的部分

Spelling IS NOT important. What IS important is to:

食物名稱的拼寫，並不重要，重要的是：

- Be honest (write down what you really eat).

要誠實 (實際寫下每日的飲食)

- Be accurate (measure portions, read labels).

要準確 (閱讀飲食標示 , 測量每份飲食)

- Be complete (include everything).

要完整 (寫下所有的飲食)

- Being aware of what you eat is the first step toward change.
改變的第一步 , 就是注意您的飲食。



To do:

待辦事項：

I will:

我會：

Write down my 7% weight loss goal: _____ pounds
寫下減重目標：_____ 磅

Keep track of my weight.
紀錄我的體重

- Weigh myself at home at least once a week.
每週最少量一次體重
- Record my weight on the back of the Keeping Track log sheet.

將體重記錄在記錄本的背面

Write down everything I eat and drink every day.

Include:

寫下每日飲食，包括

- Time.
時間
- Amount and the name of the food and a description.
描述食物的名稱及份量
- **Skip the fat, calorie and activity columns.**
跳過脂肪、卡路里，以及活動欄
- Use one line for each food.
每樣食物，用一行文字記錄

Buy a set of measuring cups and spoons for next week (if you don't already have them).

若沒有量匙與量杯，需要購買一組，以供下週上課使用。

Have my Keeping Track log sheet and notebook available for next week's session.

下週上課時，攜帶記錄本與筆記本

Kind of Physical Activity 活動種類	Minutes 分鐘數
DO NOT RECORD PHYSICAL ACTIVITY YET (先不要記錄身體活動)	

總計 Total: _____



Session 2: Be a Fat and Calorie Detective

第二課：脂肪與卡路里的偵探

To help you lose weight, we'll help you build healthy eating habits.
為了幫助您減重，我們將幫助您培養健康飲食的好習慣

Healthy eating involves eating less fat.

健康的飲食包括減少脂肪的攝取

- Fat is the most fattening of all the things we eat because it contains more than twice the calories as the same amount of sugar, starch, or protein.

脂肪是所有食物中最容易發胖的物質。它的熱量較同份量的糖、澱粉，或蛋白質，多了兩倍以上。

- Eating too much fat can cause weight gain. By eating less fat, you can lose weight.

攝取過多的脂肪會增加體重。反之，攝取較少的脂肪能幫助減重。

- Even small amounts of high fat foods are high in calories.

即使是小份量的高脂肪食物，都含有很高的卡路里。

Compare: 比較	Food 食物	Grams of Fat 脂肪 (克)	Calories 卡路里
	¼ Cup Roasted Peanuts ¼ 杯烤花生	19	215
	3 Cups Plain, Air-Popped Popcorn 3 杯原味爆米花 (12 times as much food!) (需 12 倍的份量才達到過量的食物)	0	60
	Egg Custard Tart 蛋塔	10.3	203

Fat is related to heart disease and diabetes.

心臟疾病與糖尿病的發生，和食用脂肪的多寡有關係。

- Research has shown that eating a lot of fat can increase your cholesterol level. Cholesterol is one type of fat in your blood. The higher your cholesterol, the greater your chances of having a heart attack.

研究發現，攝取過多的脂肪會使您的膽固醇升高。膽固醇是存在於血液中的一種油脂。膽固醇越高，心臟病發的機會越高。

- Research has also shown that eating a lot of fat may increase your chances of getting diabetes.

研究發現，攝取過多的油脂會增加您罹患糖尿病的機會。

Keep in mind that eating too many calories from *any type* of food is also fattening and will cause weight gain.

記得，從各類食物攝取大量的卡路里也會使您肥胖，體重增加。

What kinds of foods do you eat that are high in fat or calories?

平時您吃的食物中，哪些含有大量的脂肪或卡路里？

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Most of the fat we eat (70% of it) is hidden in foods.

我們每日攝取的脂肪總量，約 70% 隱藏在食物中。

Let's uncover it! Here's a sample fast food meal*:

讓我們揭露這些食物！以下為兩份速食的範本：

Food 食物	Fat Grams 脂肪(克)	Teaspoons of Fat 脂肪(茶匙)	Calories 卡路里
Fried Fish Sandwich 炸魚三明治	32	8	640
Large French Fries 大份薯條	28	7	580
Dutch Apple Pie 荷蘭式蘋果派	13	3	320
Medium Chocolate Shake 中杯巧克力奶昔	21	5	670
Total: 總計	94	23 (That's about 1 stick of butter!) (約等於一條奶油 的含量)	2210

*Burger King™, Calorie King™ Fat and Calorie Counter, 2010

“漢堡王”“卡路里王”脂肪與卡路里計算表, 2010

Panda Express: An Appetizer, a Two-Entrees Plate (Two Entrée and One Side), and a Dessert:

Panda Express: 一份開胃菜、一份兩主菜的便當(兩份主菜以及一份配菜), 及一份甜點:

Food 食物	Fat Grams 脂肪(克)	Teaspoons of Fat 脂肪(茶匙)	Calories 卡路里
Appetizer: Chicken Egg Roll 開胃菜：雞肉蛋捲	12	3	200
Entrée: Beijing Beef 主菜：北京燒肉	40	10	690
Entrée: Honey Walnut Shrimp 主菜：蜂蜜核桃蝦	23	6	370
Side : Chow Mein 配菜：炒麵	22	6	490
Dessert: Chocolate Chunk Cookie 甜點：巧克力曲奇餅	7	2	160
Total: 總計	104	26 (That's about 1.1 stick of butter!) (大於一條奶油的 含量！)	1910

*Panda Express Web Site:

<https://s3.amazonaws.com/PandaExpressWebsite/files/pdf/Nutrition.pdf>.



Keep Track of the Fat and Calories You Eat Every Day.

紀錄每日攝取的脂肪與卡路里

1. Write down everything you eat and drink. It's the most important part of changing your behavior. Spelling is NOT important. What IS important is to:

改變行為最重要的步驟就是寫下您吃喝的每樣東西。食物拼音並不重要，真正重要的是：

- Be honest (write down what you really eat).
要誠實（寫下您真正吃進的東西）
- Be accurate (measure portions, read labels).
要準確（測量份量，閱讀標示）
- Be complete (include everything).
要完整（寫下每一份飲食）

2. Figure out how much fat and calories are in everything you eat and drink. Write it down. Figure out the amount of each food and beverage you ate or drank.

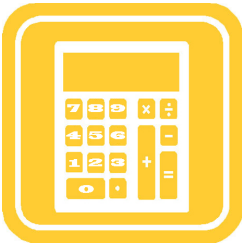
寫下您每天吃喝的東西所含的脂肪與卡路里，並測量您吃的每份食物與飲料。

- Look up each item in the Fat and Calorie Counter or use the calorie and fat gram information listed on the food label.



使用“脂肪與卡路里計算表”或食物標示所列的卡路里與脂肪克數。

- Compare the amount YOU ate or drank with the amount in the Fat and Calorie Counter to see how many fat grams and calories you ate or drank. 將您吃喝的份量與“油脂與卡路里計算表”的份量對照，便能了解您吃喝的油脂與卡路里克數。



3. Add up the fat and calories you eat and drink during the day.

合計您一天吃喝的脂肪與卡路里

- Transfer the totals to the back page of your Keeping Track log sheet.

將總量寫在紀錄本的背面

Total 總計: _____



When You Use the Fat and Calorie Counter:

當您使用脂肪與卡路里計算表時：

Can't find a food?

無法找到食物？

- Use the fat gram and calorie values for a food that's the most like it. (For example, use bagel for steamed bun. One large steamed bun is equivalent to $\frac{3}{4}$ large plain bagel.)

找一個最相近的食物計算油脂克數與卡路里。(例如：用貝果代替蒸饅頭。一個大饅頭約等於 $\frac{3}{4}$ 個原味大貝果。)

- Write the name of the food in the back of your Fat and Calorie Counter and ask your Lifestyle Coach about it next week.

在“脂肪與卡路里計算表”的背面寫下食物名稱，下週帶來詢問您的生活教員



Have trouble figuring the grams of fat and calories?

不知道如何找到脂肪克數與卡路里嗎？

- Just write down the food or beverage and amount.

寫下食物或飲料名稱及其份量

- Your Lifestyle Coach will help you next week.

您的教員將於下週幫助您

Make a recipe?

Session 2

Group 1

Be a Fat and Calorie De

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Chinese Version. C. A. Chesla, School of Nursing, UCS



製作食譜？

- For many recipes, you can simply write down how much of each ingredient you ate.

寫下食譜裡，每樣食材的份量

- For example, in a stew, how much meat did you eat? Carrots? And so on.

例 1：一份燉肉中，您吃下多少肉？多少紅蘿蔔？

- Another example, in Broccoli chicken, how much chicken did you eat? Cooking oil?

例 2：一份花菜雞肉中，您吃下多少雞肉？多少炒菜油？

- If you made the recipe yourself, you can add up the calories and fat grams of all the ingredients you used and divide by the number of servings. That will give you the calorie and fat counts for each serving of that dish.

若自己製作菜餚，合計每樣食材的卡路里與脂肪克數。接著，將菜餚平均分成幾份。如此，您就知道每一份菜餚中，卡路里與脂肪的含量。

- Another suggestion is to find a similar food in the Fat and Calorie Counter and use that nutrition information.

另外一個建議，於“脂肪與卡路里計算表”中找到類似食物，並使用其營養資訊。

- For example, use the nutrition information listed in the Fat and Calorie Counter for chicken and vegetable stir fry.

例如：使用“脂肪與卡路里計算表”找到雞肉與清炒蔬菜的營養資訊。

- If you cook from recipes often, bring in a favorite recipe next week. Your Lifestyle Coach will help you count the grams of fat and calories.

若您做菜經常使用食譜，下週將您最喜愛的一份食譜帶來。您的生活教員將會教您如何計算脂肪克數與卡路里。

Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	9	
Carbohydrate	4	
Protein	4	



Weighing and Measuring Foods is Important.

測量食物的重要性

Tips for accurate measuring:

準確測量的小祕訣

Measuring cups

量杯

- For solid foods: Fill and level off.
固體食物：放入並填滿量杯。
- For liquids: Fill. Read the line at eye level.
液體：注入量杯，平視刻度。

Measuring spoons

量匙

- Fill and level off.
放入並填滿。

Scale (for meats, cheese, etc.)

磅秤 (肉, 起司等等)

- Weigh meats **after** they are cooked.
先將肉煮熟後，再來秤重。
Remove the fat and bone before you weigh it.
秤重前，先將脂肪與骨頭切除。
- 4 oz. raw = 3 oz. cooked (about the size of a deck of cards).
4盎司的生肉 = 3 盎司的熟肉 (大約是一副撲克牌的大小)



Most people are surprised when they weigh and measure foods.

大部份的人會對於他們所測量的食物感到驚訝



- Our eyes can play tricks on us.
我們會被眼見的所矇騙

- Write down the name of the foods on display.
寫下展示食物的名稱
- Guess the amount.
猜猜它們的份量
- Write down the actual amount.
寫下實際上的份量
- Figure the fat grams and calories for the actual amount.
找出他們實際所含的脂肪克數與卡路里

	Gussed amount 猜測的份量	Actual amount 實際的份量	Grams of Fat 脂肪克數	Calories 卡路里

Note: If you weigh and measure food at home, it will be easier for you to estimate portion sizes when eating away from home.

注意：若您在家用磅秤及量杯測量實物，外食時將會比較容易估計食物份量。



Lifestyle Balance Fat and Calorie Goals

均衡的生活方式

脂肪與卡路里的目標

To help you lose weight and improve your health, stay as close as possible to your fat and calorie goals.

為了幫助您減重並增進健康，盡量達到您的脂肪與卡路里目標

Find your starting weight below. Your fat and calorie goals are in the same row. Circle your fat and calorie goals.

找出您的現在的體重，在同一行找出對照的脂肪與卡路里目標，將它們圈起來。

Weight (lb) 體重 (磅)	Fat Goal (grams) 脂肪目標(克)	Calorie Goal 卡路里目標
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

- A gram is the way fat in food is measured.

“克”是測量脂肪的方法

- A gram is a unit of weight.

“克”是一個重量單位

- A paper clip weighs about 1 gram.

一個迴紋針相當於一克

- It may be hard to reach your fat gram and calorie goals at first.
剛開始時，您也許很難達成脂肪和卡路里的目標。
- Just try to get as close to your goals as you can.
盡您可能去達成目標。
- It's important not to go too low-**do not** try to see how few calories and fat grams you can eat!
重要的是，不要太低於您的目標：不要嘗試
挑戰自己對卡路里與油脂克數食用的最低極限





Three Ways to Eat Less Fat and Fewer Calories: 減少攝脂肪與卡路里的三種方法

1. Eat high-fat, high-calorie foods *less often*.

減少攝取高脂、高卡食物的次數。

Example 1: Don't eat deep fried twisted dough sticks (Yao Tiao) every day. Have them only once a week.

(<http://www.myfitnesspal.com/food/calories/singapore-you-tiao-fried-dough-fritter-28177701> Each pair has 192 calories and 9 g fat. Assume a person eats two pairs at breakfast. That's about 108 fewer grams of fat per week!)

例1：不要每天吃油條。一週只吃一次即可。

(<http://www.myfitnesspal.com/food/calories/singapore-you-tiao-fried-dough-fritter-28177701> 一份油條含192卡及9克脂肪。假設一個人每天早餐吃兩份油條，若減為一週只吃一次，則每週就減少108克脂肪的攝取！)

Example 2: Don't eat French fries every day.

例2：不要每天吃薯條。

Have them only once a week.

一週只吃一次即可。

(That's about 132 fewer grams of fat per week!)

(這樣每週就減少132克脂肪的攝取！)

2. Eat *smaller amounts* of high-fat, high-calorie foods.

攝取份量較少的高脂、高卡的食物。

Cutting back even a little on the amount you eat can make a big difference.

只要減少一點您平時所吃的份量，就有極大的差別。



Example: When eating vegetables or meat with sauce, use chopsticks rather than a spoon to pick up only the vegetables or meat. One tablespoon of lobster sauce has 2 grams of fat and 25 calories.

Using chopsticks to pick up food leaves the sauce behind on the plate. A saving of 4 tablespoons of lobster sauce is 8 grams of fat and 100 calories.

例如：蔬菜或肉類與調味醬料一起烹調時，用筷子夾取，而不用湯匙。一湯匙的龍蝦醬含2克脂肪與25卡。若您使用筷子夾食物，就不會吃進過多的醬汁。減少4湯匙的醬汁，等於減少攝取8克脂肪與100卡路里。

3. Eat *lower-fat, lower-calorie foods instead.*

攝取低脂、低卡的食物

There are many lower-fat, lower-calorie items in the grocery stores.

Example: low-fat salad dressing, skim milk, low-fat yogurt and cheese, lean cuts of meat, low-fat coconut milk, Chinese baked tortilla chips.

一般超市中，有許多低脂與低卡的食物，例如：低脂沙拉醬、淡奶、脫脂牛奶，低脂優酪與芝士、瘦肉、低脂椰奶、烤鍋巴……等等。

Through trial and error you will find products you like.

您會藉由不斷的嘗試，找到喜愛的產品。

Ask friends and family about products they like.

詢問親朋好友推薦的產品。

In the coming months, you'll discover a number of ways to "eat lower-fat, lower-calorie foods instead."
 在接下來的幾個月中，您會學到不同的方法來“攝取低脂，低卡的食物”。

Ways to Eat Lower Fat/Calorie Foods 攝取低脂/低卡食物的方法	For example, instead of this food: 需替換掉的食物	Fat (g) 脂肪 (克)	Calories 卡路里	Choose this food: 選擇下列食物	Fat (g) 脂肪 (克)	Calories 卡路里
Instead of high-fat/calorie foods, pick low-fat/calorie foods. 選擇低脂低卡的食物	Potato chips, 1-ounce bag 1盎司(1袋)的洋芋片	10	150	Pretzels, 1-ounce bag 1盎司(1袋)的椒鹽脆餅	0	100
Instead of high-fat/calorie foods, use low-fat/calorie substitutes.* 使用低脂低卡的代替品	Bubble tea, (12.7 fl oz) 珍珠奶茶 (12.7盎司)	3	207	Black tea (12 fl oz) 無糖紅茶 (12 盎司)	0	4
Find ways to lower the amount of fat in meats you eat. 找尋低脂肉類	Roast beef (chuck), untrimmed, 3 oz. 整塊的醬烤牛肉, 3盎司	24	310	Roast beef (top round), trimmed, 3 oz. 3盎司的烤牛肉片	5	160
Instead of flavoring foods with fat, use low-fat/calorie flavorings. 使用低脂低卡調味料	Sour cream, 2 tablespoons on baked potato 2茶匙的酸奶烤洋芋	5	50	Salsa, 2 tablespoons, on baked potato 2茶匙的莎莎醬烤洋芋	0	15
Avoid frying foods; use	4 ounce chicken	17	315	4 ounce chicken	4.5	175

other healthier ways to cook. 不使用油炸的烹調方式，用其他較健康的烹調方法替代。	breast, with skin, breaded, fried 4盎司的油炸帶皮雞胸			breast, without skin, roasted 4盎司的去皮烤雞胸		
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* **Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are very high in calories because they're loaded with sugar.

Check the label. For example:

1/2 cup nonfat frozen yogurt	100 calories
1/2 cup regular ice cream (10-12% fat)	143 calories

* 注意：低脂或無脂的食品仍含有卡路里，因此，您需控制食用的份量。事實上，有些低脂或無脂的食品因為加入大量的糖份而含有大量的卡路里。您需要留意每份食品的標示，例如：

1/2杯的無脂優酪	100 卡
1/2杯的冰淇淋 (含有10-12%的脂肪)	145 卡



To do:
待辦事項：

I will:

我將會：

- Keep track of my weight.

紀錄體重

- Weigh myself at home at least once a week at the same time of day on the same scale.
每周在家至少量體重一次，每次在同一時間測量，並用同樣的磅秤。
- Record my weight on the Keeping Track log sheet.
在紀錄本的背面寫下我的體重。

- Keep track of what I eat and drink.

紀錄飲食

- Write down everything I eat and drink in the Keeping Track book.
在紀錄本上寫下每日飲食。
- Use the Fat and Calorie Counter to figure out how much fat and calories are in what I ate. Write the fat grams and calories down in the Keeping Track book.
在“脂肪與卡路里計算表”上找出我吃下的脂肪與卡路里。在紀錄本寫下脂肪克數與卡路里。Keep a running fat gram and calorie total throughout the day.
持續紀錄每天的脂肪克數與卡路里總量。
- Transfer the daily totals of fat grams and calories to the back page.
將每天脂肪克數與卡路里寫在紀錄本的背面。
- Come as close to my fat gram and calorie goals as I can.

盡量達成脂肪克數與卡路里目標。

- Make a plan to eat less fat and fewer calories and follow it.

擬定低脂低卡的飲食計劃，按部就班實行。

- Write down 5 foods you eat that are high in fat and/or calories.
寫下五樣您吃的高脂與/或高卡食物。
- Pick one of the three ways to eat less fat or fewer calories for each food. Write down what you will do between now and the next session. Be sure it is **something you can do**.

減少攝取脂肪與卡路里的三個方法中，為每樣食物選一個方法。寫出下次課程前您所要調整的飲食方法。務必確定您有能力做到這些改變。

My Top 5 high-fat/calorie foods 五樣高脂/高卡的食物	The Three Ways to Eat Less Fat and Fewer Calories 減少攝取脂肪與卡路里的三種方法		
	I will eat it only this (less) often: 食用的次數 (應減少次數) :	I will eat only this (smaller) amount: 食用的份量 (應減少份量) :	I will eat this (lower-fat/calorie) food instead: 替代的食材 (應低於原本的脂肪/卡路里)

What I will need to do to reach this goal:

為了達到目標，我將要：

Problems I might have and what I will do to solve them:

我可能會遇到的問題與解決方法：

- Before the next session, answer these questions:

於下次課程前，回答下列問題：

Did you follow your plan? Yes _____ No _____ Almost _____
您是否按照計劃實行？ 是 否 幾乎

What problems did you have following your plan?

在實踐計劃時，您遇到的問題？

What could you do differently?

您能如何調整？

- GET THE OKAY TO BE PHYSICALLY ACTIVE!**

增加活動量的許可證！

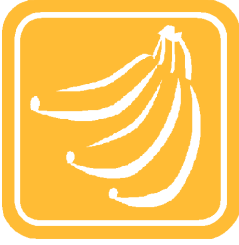
When starting any new physical activity program, it's always important to check with your physician to make sure that it's safe for you to increase your physical activity level.

活動計劃開始前，務必諮詢您的醫師以確定要增加活動量的安全性。

Please be sure to get the ok for physical activity from your physician before our next session so that you'll be ready to get started!

請務必於下次課程前，與您的醫師討論您要進行的活動，並獲得許可。





Session 3: Healthy Eating

第三課：健康的飲食

Eating less fat and fewer calories are essential to losing weight. These are also important parts of healthy eating.

攝取較少的脂肪與卡路里，是健康飲食與減重能夠成功的關鍵

Some of the other parts of healthy eating include
...the way you eat.

健康飲食包括了您的飲食習慣

A regular pattern of meals is important.

建立規律的飲食習慣是非常重要的

A regular pattern will keep you from getting too hungry and losing control.

藉由規律的飲食習慣，將幫助您避免過渡的飢餓感和失去控制飲食的能力。

Eat slowly.

放慢飲食速度

If you eat slowly, you will:

放慢飲食速度的好處：

- Digest your food better.
能幫助消化
- Be more aware of what you're eating.
更能察覺自己正在吃的食物種類
- Be more aware of when you're full.
更能意識到何時已吃飽

Try pausing between bites. Put down your utensils.
Enjoy the taste of your food.

在咀嚼時，放下餐具，慢慢品嚐食物的美味

Don't worry about cleaning your plate.

不要急著吃光盤子裡的食物

Serve yourself smaller portions to begin with.
先從小份量的食物開始

And

... what you eat overall.

總歸來說：

You will learn to eat “better” calories by making healthier food choices.

藉由選擇健康的食物，您會學到減少攝取卡路里的方法。

This will help you lose weight and improve your health.

這將會幫助您減重，並改善您的健康。

MyPlate

我的餐盤



In 2011, the United States Department of Agriculture (USDA) replaced **MyPyramid** with **MyPlate** as the model for healthy meals.

在2011年，美國農業部將健康飲食的模型，從“我的膳食金字塔”替換成“我的餐盤”。

MyPlate includes five groups. The plate is divided into four

sections; vegetables, fruits, grains, and protein. The fifth group, dairy, is off to the side.

“我的餐盤”包括五類食物。如上圖，餐盤被劃分成四份：蔬菜、水果、穀物、蛋白質。而餐盤旁邊的則是第五類食物 - 奶類。

MyPlate recommendations:

Session 3

Group Lifestyle Balance
Healthy Eating, Page 2

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Chinese Version. C.A. Chesla, School of Nursing, UCSF. January 2015

“我的餐盤”建議：

- eat meals that include, vegetables, fruits, whole grains, lean protein, seafood, low-fat dairy, and healthy oils
每餐應包含蔬菜、水果、全穀、精瘦低脂蛋白質、海鮮、低脂奶類，以及健康的油脂類。
- eat less added sugar, salt, fast food, refined grains, and saturated and trans fats
減少食用添加糖與鹽的食品、速食、加工穀物，以及添加飽和或反式脂肪的食品。

MyPlate is based on the 2010 Dietary Guidelines for Americans. It serves as the model for healthy meals for Americans ages 2 and over and helps us make better food choices.

“我的餐盤”是根據“2010年美國膳食指南”的設計而成；它提供2歲以上的美國居民一個健康用餐的模型，並幫助大家選擇更健康的食物。

Key recommendations of the Dietary Guidelines for Americans, 2010:

“2010年美國飲食指南”的主要建議：

Balancing Calories

平衡卡路里

- Enjoy your food, but eat less.
享受您的食物，但減少份量
- Avoid oversize portions
避免過大份量的食物

Foods to Increase

需要增加攝取的食物

- Make half your plate fruits and vegetables.
蔬菜水果：要占整個餐盤的一半。
- Make at least half your grains whole.
全穀類：食用的穀物中，要有一半是全穀類。
- Switch to regular red or green tea (from bubble tea).

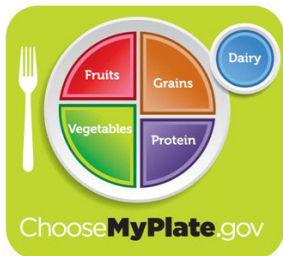
不喝珍珠奶茶，改喝紅茶或綠茶。

Foods to Reduce

需要減少攝取的食物

- Compare sodium in foods like soup, cured meat, lo mein, and chow mein– and choose the foods with lower numbers.
鹽：比較湯類、醃肉/臘肉、撈麵，及炒麵的鹽含量，選擇鹽含量較低的產品。
- Drink water instead of sugary drinks.
含糖飲料：飲用白開水代替含糖飲料。

來源 Source: USDA (www.dietaryguidelines.gov)



MyPlate: Food Choices

我的餐盤：食物的選擇

茶匙(5 ml), 湯匙(15ml)

Group 類別	Example low-fat/calorie foods, serving size 低脂/低卡食物與其份量的範本	High-fat/calorie (or high-sugar) 高脂/高卡 (或高含量的糖)
Vegetables 蔬菜 (Make half your plate fruits and vegetables) (蔬菜水果要占整個餐盤的一半)	<ul style="list-style-type: none"> • ½ cup cooked vegetables 半杯煮熟蔬菜 • ½ cup vegetable juice 半杯蔬菜汁 • 1 cups raw leafy greens 1杯綠葉生菜 • Starchy vegetables include corn, peas, potatoes, yams, winter squash, lima beans 含澱粉蔬菜，包括玉米、豌豆、馬鈴薯、番薯、絲瓜、青豆 	<ul style="list-style-type: none"> • Vegetables with butter/margarine, cream, or cheese sauces 含奶油/人造黃油、鮮奶油、或芝士醬的蔬菜 • Fried vegetables 油炸蔬菜
Fruits 水果	<ul style="list-style-type: none"> • 1 small fresh fruit 一個小型新鮮水果 • ½ cup fruit canned in juice, or 100% fruit juice 半杯水果果汁罐頭或 100% 果汁 	<ul style="list-style-type: none"> • Fruits in pastry (as in pies) 水果酥餅 (水果派) • Coconut 椰果 • High in sugar: dried fruit,

	<ul style="list-style-type: none"> • ¼ cup dried fruit ¼ 杯水果乾 	<p>juices or drinks sweetened with sugar, fruit canned in syrup 含高糖食品：水果乾、高糖果汁或飲料、含糖漿的水果罐頭。</p> <ul style="list-style-type: none"> • Large amounts of fruit juice 大量的果汁
<p>Grains 穀類 (Make at least half your grains whole) (食用的穀物中，要有一半是全穀類)</p>	<ul style="list-style-type: none"> • 1 slice bread or tortilla 一片麵包或墨西哥玉米餅 • ½ bagel, English muffin, pita bread 半個貝果、英式鬆餅、圓麵餅 • ½ cup cooked cereal, pasta, bulgur, white rice or brown rice 半杯煮熟麥片、麵條、小麥、白飯或糙米飯 • 1 cup dry cereal 1 杯乾麥片 	<ul style="list-style-type: none"> • Croissants, sweet rolls, doughnuts, muffins, Danish pastry, egg tart, moon cakes, sesame balls, deep fried twisted dough sticks, biscuits, high-fat crackers, regular tortilla chips, fried tortillas, fried rice, lo mein, chow mein. 可頌、甜捲餅、甜甜圈、松糕、丹麥糕餅、蛋塔、月餅、芝麻球、油條、英式餅乾、高脂餅乾、一般玉米脆片、炸玉米片、炒飯、撈麵、炒麵。 • Sugar-coated or granola-type cereals 有糖衣覆蓋的麥片或是穀粒式的麥片
<p>Protein Foods 含蛋白質的食物 (Vary your protein food choices) (選擇多樣的蛋白質食物)</p>	<ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry (without skin), or fish 1 盎司煮熟瘦肉、去皮家禽或魚類 • ¼ cup cooked beans, lentils, split peas ¼ 杯煮熟的豆類、扁豆、或豌豆 • 1 egg or ¼ cup egg substitute 一顆蛋或 ¼ 杯蛋的替代品 • 1 Tablespoon peanut butter 1 湯匙的花生醬 • ½ ounce nuts or seeds ½ 盎司的堅果或種籽 • Steamed tofu 蒸豆腐 	<ul style="list-style-type: none"> • Bacon, sausage, hot dogs, hamburgers, luncheon meats, cured meat, BBQ pork, organ meat, most red meats (except lean, trimmed cuts) 培根、香腸、熱狗、漢堡、罐頭豬肉、醃肉/臘肉、叉燒、內臟，及大部份的紅肉(瘦肉、無肥肉片除外) • Chicken or turkey with skin 帶皮的雞肉或火雞肉 • Tuna canned in oil 泡在油中的罐頭鮪魚 • Beans cooked in lard or salt pork 用豬油或鹹豬肉拌炒的豆類 • Deep fried tofu 炸豆腐
<p>Dairy 奶類 (Switch to skim or 1% milk)</p>	<ul style="list-style-type: none"> • 1 cup skim, 1% milk 1 杯脫脂、1% 低脂牛奶 • 1 cup low fat soymilk or lactose-free milk 	<ul style="list-style-type: none"> • 2% or whole milk 2% 脂肪或全脂牛奶 • Regular cheese (>2 grams fat/ounce)

(改喝脫脂或
1%低脂牛奶)

1杯低脂豆漿或去乳糖的牛奶
• 1 cup low - or nonfat yogurt
1杯低脂或無脂優酪
• 1 ½ ounces low - or nonfat cheese
1.5 盎司 的低脂或無脂芝士
• No sugar added soy milk
無糖豆漿

一般芝士(每盎司含大於2克油脂)
• High in sugar: yogurt with
added sugar
高糖食物：添加糖分的優酪
• Sweetened soy milk
含糖豆漿

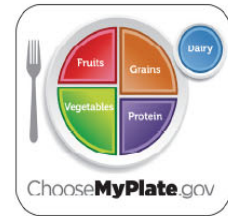
See www.choosemyplate.gov for additional information

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Session 3

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
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Group Lifestyle Balance
Healthy Eating, Page 7

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Chinese Version. C.A. Chesla, School of Nursing, UCSF. January 2015

選擇“我的餐盤”- 準備完美餐點的十個小祕訣

10個小祕訣，讓您輕鬆、簡單地擁有健康的飲食生活。

使用下列方法來平衡您的卡路里。增加特定食物的攝取，同時減少某些食物的攝取。

祕訣一：卡路里的平衡

前往www.ChooseMyPlate.gov，找到您一天所需的卡路里。增加活動量對卡路里的平衡也會有所幫助。

祕訣二：享受您的美食，但是需要減少份量

慢慢品嚐食物的美味。當您進食過快或是注意力放在其他的事物上時，較容易過量飲食。在品嚐前、品嚐時，及品嚐後，仔細察覺飢餓與飽足的程度，藉此了解自己是否需要繼續進食。

祕訣三：避免過量的食物

使用較小的盤子、碗，及杯子。在吃之前，先將多餘的份量分別出來。外出用餐時，選擇較少的份量、與他人共享一份餐點，或將多餘的份量打包外帶。

祕訣四：增加特定食物種類的攝取

增加蔬菜、水果、全穀類，及無脂或1%低脂牛奶。這些食物含有人體所需的營養，包括鉀、鈣、維他命D，以及纖維。使這些食物成為您每餐或每份小吃的的基本飲食項目。

祕訣五：蔬菜水果要佔整個餐盤的一半

食用蔬菜時，可多選擇一些紅色、橘色，或是深綠色的蔬菜，如番茄、紅薯，及花椰菜。將水果也列入主菜、小菜，或是飯後甜點之中。

祕訣六：飲用無脂或1%低脂牛奶

無脂或1%低脂牛奶所含的鈣質和營養素與全脂牛奶是一樣的，並有較少的卡路里與飽和脂肪。

祕訣七：食用的穀物中，全穀類要佔一半

使用全穀類食品代替加工食品，例如：食用全麥麵包代替白吐司，食用糙米取代白飯。

祕訣八：減少特定食物種類的攝取

減少攝取含有固體脂肪、添加糖分，及添加鹽份的食品，例如：蛋糕、曲奇餅、冰淇淋、糖果、含糖飲料、披薩，以及肋排、香腸、培根、熱狗……等高脂肉類。將這些食物列為偶爾食用的食品，而非平時會攝取的食物。

祕訣九：比較各食品內所含的鈉（鹽）

選擇低鈉的湯品、麵包，及冷凍食品。選擇標示“低鈉(鹽)”“少鈉(鹽)”“無鈉(鹽)”的罐頭。

祕訣十：飲用白開水代替含糖飲料

藉由喝白開水或無糖飲料來減少卡路里的攝取。在美國的飲食中，汽水、能量飲料，以及運動飲料是主要的糖分與卡路里來源。



Rate Your Plate

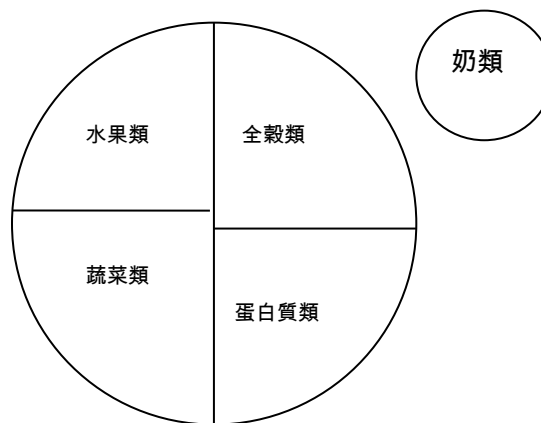
給您自己的餐盤打分數

MyPlate:

我的餐盤

1. Let's look at a meal together. Fill in the correct section of the plate for each food that is eaten at the meal.

讓我們一起看看您的餐盤。現在，將您平時所吃的食物，分門別類地填寫在以下的空格中。



2. What changes could be made to this meal to better match the recommendations of **MyPlate**?

根據“我的餐盤”模型裡的建議，您可以在您的餐盤裡，做哪些改變？

Vegetables _____

蔬菜 _____

Fruits _____

水果 _____

Grains _____

穀物 _____

Protein _____

蛋白質 _____

Dairy _____

奶類 _____



How to Include Fat in a Healthy Diet

如何將“脂肪”加入健康飲食的行列？

Eating less fat overall not only helps with weight loss, it can also lower your risk of heart disease, cancer, and other health problems.

減少脂肪的攝取，不僅幫助您達到減重的目標，更能預防心臟疾病、癌症，及其他健康問題。

A healthy diet is low in saturated fat, trans fat, and cholesterol.

健康的飲食包括攝取少量的飽和脂肪、反式脂肪，及膽固醇。

Eating less saturated fat, trans fat, and cholesterol can lower your risk of heart disease.

減少攝取飽和脂肪、反式脂肪，及膽固醇，能夠降低您罹患心臟疾病的機率。

Saturated Fat

飽和脂肪

Saturated fats increase the LDL or “bad” cholesterol levels in the body.

飽和脂肪會使體內的低密度脂蛋白膽固醇（“壞”膽固醇）數值升高。

Saturated fat is found in these foods:

在下列的食物裡，均含飽和脂肪：

- Fatty meats and meat drippings
肥肉，以及肉上的肥油
- High-fat dairy products: Whole milk, high fat cheese, cream, ice cream
高脂奶製品：全脂牛奶、高脂芝士、奶油、冰淇淋
- Butter, lard
黃油、豬油
- Palm oil, palm kernel oil, coconut oil
棕欖油、棕欖仁油、椰油

Trans Fat

反式脂肪

Trans fats also increase the LDL or “bad” cholesterol levels in the body.

反式脂肪也會使體內的低密度脂蛋白膽固醇（“壞”膽固醇）數值升高。

Trans fats are found in products that contain oil that has been made solid (hydrogenated fat).

反式脂肪（氫化脂肪）存在於含固體油脂的產品裡。

Foods high in trans fat:

含有大量反式脂肪的食物：

- Stick margarine (Note: The softer the margarine, the less trans fat it contains. Squeeze and tub margarines have less trans fat than stick margarine.)
硬質人造黃油（注意：越柔軟的人造黃油，含有越少的反式脂肪。擠壓式和桶裝式人造黃油，比硬質人造黃油含有較少的反式脂肪。）
- Shortening
酥油
- Processed snack foods such as crackers and chips
加工點心，如薄片餅乾和洋芋片。
- Baked goods that contain shortening. Examples include muffins, cakes, and cookies.
酥脆的烘培食品，如鬆餅、蛋糕，及曲奇餅。

Check the ingredient list on food labels. Avoid foods that list “hydrogenated” or “partially hydrogenated” oils.

查看食物的成分標示，避免食用含有“氫化”或“部分氫化”脂肪的食品。

Cholesterol

膽固醇

Cholesterol also increases the LDL or “bad” cholesterol levels in the body.

膽固醇也會使體內的低密度脂蛋白膽固醇（“壞”膽固醇）數值升高。

Cholesterol is found only in animal foods.

膽固醇只存在於魚類、肉類等葷類食品。

To eat less cholesterol, cut down on these foods:

為了減低膽固醇的攝取，減少食用下列的食物：

- Egg yolks
蛋黃
- Organ meats (liver, kidney, sweetbreads, brain)

- 內臟 (肝臟、腎臟、胰臟、胸腺、腦)
- High-fat dairy products (regular cheese, whole milk, cream, ice cream)
高脂奶類產品 (一般芝士、全脂牛奶、奶油、冰淇淋)
- Butter
黃油
- Meat and meat products
肉類和肉製產品



Choosing Healthier Fats

選擇較健康的脂肪

Unsaturated Fats

不飽和脂肪

The unsaturated fats, which include both monounsaturated and polyunsaturated fats, are often called the “good” or “healthy” fats. They can lower the LDL, or “bad,” cholesterol in your body, thus reducing the risk of heart disease.

不飽和脂肪有兩類，包括單元不飽和脂肪與多元不飽和脂肪。它們通常被視為“好的”或是“健康的”脂肪。這類的脂肪能降低體內的低密度脂蛋白膽固醇 (壞膽固醇)，並降低罹患心臟疾病的風險。

Food sources of unsaturated fat:

不飽和脂肪的來源：

- Olive, canola and peanut oil
橄欖油、菜籽油、花生油
- Corn, safflower, soybean, and cottonseed oil

- 玉米、紅花、大豆、棉花子油
- Avocados and Olives
酪梨和橄欖
- Nuts: almonds, cashews, pecans, walnuts
堅果類：杏仁、腰果、核桃、胡桃
- Peanuts, peanut butter
花生、花生醬
- Some soft margarines
部分軟質的人造黃油
- Mayonnaise
美乃滋
- Salad dressings
沙拉醬
- Sesame, pumpkin, and sunflower seeds
芝麻、南瓜、葵花籽

Omega 3 fatty acids

Omega 3 脂肪酸

This type of unsaturated fat has been shown to reduce the risk of heart disease.

這類的飽和脂肪已被證實能降低罹患心臟疾病的風險。

Omega 3 fatty acids are found in some fatty fish, such as salmon, albacore tuna, herring, mackerel, rainbow trout, red cod, Pacific saury (or Cololabis saira). It is also in walnuts, flaxseed and flaxseed oil, and canola oil.

Omega 3 脂肪酸存在於一些富含脂肪的魚類，如鮭魚、鮪魚、鱈魚、鯖魚、虹鱒魚、紅鱒魚，及秋刀魚；此外，胡桃、亞麻籽、亞麻油，和菜籽油亦含 Omega 3 脂肪酸。

The American Heart Association recommends the following regarding omega-3 fat intake:

美國心臟協會對食用 Omega 3 脂肪酸有以下建議：

- Eat fatty fish at least two times per week. The serving size is typically 3-4 ounces. **Deep-fried seafood and dried salty fish are *not* recommended.**

每週食用兩次含豐富脂肪的魚類，每次食用的份量為 3 – 4 盎司。不建議進食油炸海鮮和鹹魚。

- Consult with your physician before taking any omega-3 supplements, including fish oil or flaxseed oil capsules.

在食用任何 Omega 3 保健品(如：魚油、亞麻油)之前，需與您的醫師討論合適與否。

**Remember to stay within your fat gram goal.
All types of fat contain 9 calories per gram.**

謹記，食用這些脂肪需維持在您所設定的脂肪克數目標內。

所有的脂肪，每一克都含有 9 卡路里。



Making Healthier Food Choices

選擇健康的食物

→ Instead of high-fat foods, pick low-fat foods.

挑選低脂食物，而非高脂食物。

Choose fresh fruit and vegetables for snacks.

選擇新鮮的蔬果當點心。

Serve vegetarian dinners several times a week.

每週有幾天的晚餐食用素菜。
Eat fruit for dessert. 用水果當飯後甜點。
Other: 其他：

➔ Instead of high-fat foods, use lower-fat substitutes
用低脂食物取代高脂食物

Use low-fat or fat-free: 挑選低脂或無脂食品：
<ul style="list-style-type: none"> • Margarine 人造黃油 • Frozen yogurt 優酪冰淇淋 • Salad dressing 沙拉醬 • Cheese, cream cheeses 芝士、鮮奶酪 • Mayonnaise 美奶滋 • Sour cream 酸奶酪
Skim or 1% milk 脫脂或1%低脂牛奶
Other: 其他：

➔ Instead of flavoring foods with fat, use low-fat flavorings.
用低脂調味料取代富含油脂的調味料。

To flavor these foods: 待調味的食物	Use these low-fat flavorings: 可使用的低脂調味料：
Potatoes, vegetables 馬鈴薯、蔬菜	<ul style="list-style-type: none"> • Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. 低脂人工黃油(少量)、無脂酸奶酪、去脂高湯、低脂或無脂優酪、墨西哥莎莎醬。 • Herbs, mustard, lemon juice.

	香料、芥末、檸檬汁。
Bread 麵包	<ul style="list-style-type: none"> Nonfat cream cheese, low-fat margarine (small amount), all fruit jams. 無脂鮮奶酪、無脂人造黃油(少量)、各式果醬。
Pancakes 鬆餅	<ul style="list-style-type: none"> Fruit, low-calorie syrup, unsweetened applesauce, crushed berries. 水果、低卡糖漿、無加糖的蘋果泥、壓碎莓類。
Salads 沙拉	<ul style="list-style-type: none"> Nonfat or low-fat salad dressing, lemon juice, vinegar. 無脂或低脂沙拉醬、檸檬汁、醋。
Pasta, rice 麵條、飯	<ul style="list-style-type: none"> Spaghetti sauce with lean meat and no added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat. 含瘦肉且無添加脂肪的義大利肉醬、切塊蔬菜、脫脂或1%低脂牛奶製作的白醬汁。
Other: 其他	

→ Find ways to lower the fat in meats you eat.

以下的方法可幫助您減少攝取肉類的脂肪：

Buy lean cuts (round, loin, sirloin, leg). 購買瘦肉部位（後腿肉、腰肉、上腰肉、腿部）。
Trim all the fat you can see. 切除所有您可見到的脂肪。
Bake, roast, broil, barbecue, grill instead of fry. 烹調時，使用烘烤、火烤、乾燒、烤肉的方式，勿用油炸。 Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well. 或者用清炒的方式：將平底鍋/炒鍋用大火加熱，加入少於1茶匙的油、蔬菜用噴油，或去脂高湯。接著加入切片的肉類，攪拌至全熟。
Remove skin from chicken and turkey. This can be done before or after cooking. Choose white meat. 選擇白肉類：可在烹調前或烹調後，將雞肉或火雞肉的外皮移除。
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a

colander after cooking and rinse with hot water.

烹調食物後，將油脂流掉，並用紙巾將油脂吸乾。

處理絞肉時，烹調後將之放入濾網，並以熱開水洗滌川燙。

Flavor meats with low-fat flavorings, such as BBQ, catsup, lemon juice, black pepper, garlic powder, onion powder or Worcestershire.

使用低脂調味料處理肉類，如烤肉醬、塔巴斯哥辣醬、番茄醬、檸檬汁，或是辣醬油。

Other:

其他：

➔ Avoid frying foods. Use other, healthier ways to cook.

避免油炸食物，改用較健康的方式烹調。

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.

使用水煮來煮蛋或用蔬菜噴油來炒蛋（或蛋白）。使用兩顆蛋的蛋白來代替整顆蛋。

Microwave, steam, or boil vegetables in a small amount of water.

Or stir-fry (see directions above).

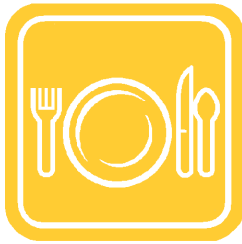
加少量水，使用微波加熱、清蒸、水煮，或清炒(方法如前述)的方式烹調蔬菜。

Cook meats without adding fat (see ideas above).

烹調肉類時，不添加油脂（方法如前述）。

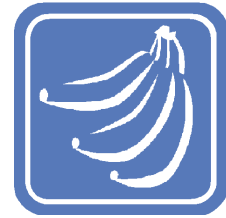
Other:

其他：



Planning Healthy Meals 計劃健康的餐點

1. Make healthy food choices within your calorie and fat gram goals.
選擇健康的食品，且所含的卡路里與脂肪不超過設定的目標。
2. Divide your food/calories **throughout the day** in a pattern that best suits your lifestyle. 試著依照您的生活方式，分配每天每餐的食物/卡路里。
 - Some may want 3 meals each day; some may want 3 meals + 1 or 2 snacks.
有些人一天要吃三餐，有些人則偏好每一天要吃三餐再加上一到兩份點心。
 - **Healthy snack** ideas include graham crackers and skim milk, yogurt and banana, or apple with low-fat string cheese. Don't think of snacks as "junk foods" such as chips and soda.
健康的點心包括全麥餅乾加脫脂牛奶、優格搭配香蕉，或是蘋果搭配低脂芝士棒。謹記，“健康點心”並非“垃圾食物”，如洋芋片、汽水……等等。
3. Use **MyPlate** as a model for healthy meals.
使用“我的餐盤”當作您健康飲食的範本。
4. Eat a **variety of foods**. Include a variety of different colors of fruits and vegetables.
攝取各種類型的食品，包括不同顏色的蔬菜水果。
5. Eat foods as close to nature as possible. Limit processed foods.
盡量食用天然的食品，避免加工食品。
6. Include **low-fat protein** at each meal.
每餐都要有低脂蛋白質類。
 - Watch **portion sizes!**
注意食用的份量
 - Eat seafood twice a week.
每週吃兩次海鮮。
 - Experiment with plant sources of protein (such as beans and peas) instead of meat. Example: Split pea soup, bean enchiladas.
嘗試食用植物性蛋白(如豆類)，來代替肉類。例如：豌豆湯、豆類卷餅。
7. Include **high fiber foods**.



食用高纖維食品

- Fiber helps lower the risk of heart disease and helps keep your blood glucose stable.
纖維可幫助您降低罹患心臟疾病的風險，並且保持血糖穩定。
- Fiber also prevents constipation, and makes you feel full for a longer period of time.
纖維同時幫助您預防便秘，且使您長時間維持飽足感。
- Increase fiber slowly. Also, **drink plenty of water.**
慢慢增加纖維的攝取，並喝大量的白開水。
- High fiber foods include:
高纖食品包括：
 - High fiber breakfast cereals
高纖早餐麥片/穀片
 - Legumes (beans and peas)
豆莢 (豆子、豌豆)
 - Whole grain products such as whole wheat bread, oatmeal, brown rice, whole wheat pasta
全穀產品，如全麥麵包、燕麥、糙米、全麥麵條
 - Nuts and seeds
堅果、種籽
 - Whole fruits and vegetables, with edible skin and seeds
完整的蔬菜水果，包括可食用的外皮與種籽。

8. Include enough **calcium for healthy bones.**

攝取足夠的鈣質，維持健壯的骨骼。

- Low-fat, low-calorie sources of calcium include skim milk, soymilk, low-fat or non-fat yogurt, low-fat cheese.
低脂低卡的含鈣食品包括：脫脂牛奶、豆漿、低脂或脫脂酸奶、低脂芝士。
- Calcium is also found in salmon, broccoli, and leafy green vegetables.
鮭魚、花椰菜、以及綠葉蔬菜均富含鈣質。
- Some foods, such as orange juice and bread, are available with added calcium.
有些橘汁和麵包也會添加鈣質。
- If you don't drink **3 servings of milk** or other high calcium foods each day, you may need a calcium supplement. Ask your Coach for details.



若您每日沒有喝超過3份的牛奶或高鈣食品，可與您的教員討論所需的鈣質保健品。

9. Limit sodium.

限制鈉 (鹽) 的攝取

- Eating **less sodium** may help many people lower their blood pressure.
食用低鹽食品可降低血壓。
- Do not add salt to your food at the table.
餐桌上吃飯時，不要拿鹽罐加鹽。
- Use half the salt (or less) that is called for in a recipe.
做菜時，將您平時所加入的食鹽減去至少一半。
- High-sodium foods include:
高鹽食物包括：



- Salty snacks such as chips and crackers
鹹點心，如洋芋片、餅乾。
- Seasonings such as soy sauce and barbecue sauce
調味料，如醬油、烤肉醬。
- Salty or smoked meats and fish, luncheon meats
重鹹或煙薰的魚肉、罐頭豬肉。
- Food prepared in brine such as pickles and sauerkraut
醃製品，如醃黃瓜、泡菜。
- Many processed foods such as frozen entrees, soups, baked goods, fast foods
加工食品，如冷凍食品、湯品類、烘烤食品、速食。

10. Drink 6-8 cups of fluid per day; at least half should be pure water. Be aware of the calories you drink.

每天喝6-8杯飲品，白開水需佔一半以上的份量。注意每杯飲品所含的卡路里。

11. Choose healthier carbohydrates.

選擇健康的碳水化合物。

- Just like you should choose healthier types of protein and fat, you need to choose healthier carbohydrates.
正如同您需要選擇健康的蛋白質與油脂類，您需要選擇健康的碳水化合物。
- Carbohydrates include sugar, starch, and fiber.
碳水化合物包括糖類、澱粉、以及纖維。

- Sugars – Choose natural sugar found in fruit, vegetables, and milk. Limit added sugar and high sugar foods such as candy, regular soda, cakes, pies, cookies, ice cream.
糖類 – 攝取存在於蔬果，奶類中的天然糖份。限制高糖或加糖的食品，如：糖果、汽水、派餅、蛋糕、曲奇餅、冰淇淋。
- Starches – Choose unsweetened breakfast cereals, whole grain bread, cereals, and pasta, brown rice, vegetables, and beans and peas. Limit sweetened cereals, white bread, white rice, croissants.
澱粉 – 選擇不加糖的早餐麥片、全穀麵包/麥片/麵條、糙米、蔬菜、豆類、豌豆。限制攝取加糖的麥片、白吐司/麵包、白飯，及可頌。
- Fiber – Include high fiber breakfast cereals, whole grain breads, brown rice, fruits, vegetables, beans and peas, nuts, and seeds.
纖維 – 包括富含高纖維的早餐燕麥、全穀麵包、糙米、水果、蔬菜、豆類、豌豆、堅果類、和種籽。



Don't let the details overwhelm you! We'll show you how to plan meals that include these features.

別因上述的細節而不知所措！我們將帶您一起規劃每一餐。

To do:

待辦事項：

I will:

我會：

- Keep track of my weight and what I eat.

持續測量並紀錄體重與飲食。

- DO SOMETHING ACTIVE on 3 to 4 days next week.

下週有三到四天做運動。

1. Start being active as part of your daily routine.

讓運動成為每天的習慣。

2. Do something you LIKE to do.

We suggest brisk walking. It's easy to do and good for you.

What other activities might you like to do?



從事您所喜歡的活動。

我們建議您可以快走，這是項簡單且有益於您健康的活動。

您喜歡其他什麼活動？

NOTE: Do not begin your physical activity program until you have gotten the okay from your health care provider.

注意：在未獲得您醫生的准許前，先不要開始做運動。

Use **MyPlate** as a model for healthy meals.

使用“我的餐盤”當作健康餐點的範本。

Answer these questions before our next session:

下次課程前，回答下列問題：

Did you make any changes to better match **MyPlate**? If yes, what were they?

為了符合“我的餐盤”的理念，您是否有在飲食上做改變？若有，您做了哪些改變？

What problems did you have? How did you solve them?

有沒有遇到困難？如果有，您如何解決？



Build a Better Recipe 改善您的食譜

Look for high-fat, high-calorie foods in your recipes. Use low-fat, low-calorie foods instead.

您是否有高脂高卡的食譜？嘗試使用低脂低卡的食譜來替代。

Instead of... 不要使用...	Use... 使用...
Regular ground beef or pork sausage 一般的絞肉、豬肉香腸	Ground chicken breast (lean only, no skin), extra lean ground beef, soy products 雞胸絞肉 (只有瘦肉, 去掉外皮)、特瘦牛絞肉、大豆類食品。
Duck or chicken, with skin 帶皮鴨肉或雞肉	Chicken breast, no skin 去皮雞胸
Deep fried tofu 炸豆腐	Steamed tofu 蒸豆腐
Regular cheese 一般芝士	Fat-free or low-fat cheese (less than 2 grams of fat per ounce) 無脂或低脂芝士 (每盎司少於2克的脂肪)
Sour cream 酸奶奶酪	Low-fat or nonfat sour cream or plain, nonfat yogurt 無脂或低脂酸奶奶酪, 或是無脂的原味優酪。
Margarine, oil, or butter* 人造黃油、油, 或奶油	Low-fat or fat-free margarine, vegetable oil spray 低脂或無脂人造黃油、蔬菜用噴油。
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see instructions on cocoa

巧克力	box label) 可可粉搭配少量的低脂人造黃油 (見可可罐的標示)
Pork or bacon fat for seasoning 調味用的豬油與培根油。	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham 少量切塊的去肥豬腰肉、特瘦的切片火腿，或是火雞肉火腿。
Soup made with fatty meat 肥肉熬成的湯品	Soup made with lean meat (and trim fat on the surface of soup; easier to trim if trim after stored in refrigerator.) 瘦肉熬成的湯品 (需去除浮在湯面上的脂肪；將湯品放在冰箱後取出，湯面上的脂肪將更容易移除。)
Evaporated milk 淡奶/煉奶	Evaporated skim milk 脫脂淡奶/煉奶
Whole eggs 全蛋	2 egg whites, egg substitute 兩顆蛋白、蛋的替代食品。
Regular mayonnaise or salad dressing 一般美乃滋或沙拉醬	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt 無脂或低脂美乃滋和沙拉醬、無脂或低脂原味優酪。
Whole milk or heavy cream 全脂牛奶或濃奶	Skim, 1%, or evaporated skim milk 脫脂、1%低脂牛奶，或是脫脂淡奶/煉奶。

*Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of margarine/butter/oil by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!

小祕訣：製作蛋糕、曲奇餅、鬆糕、小麵包時：

- 將人造黃油/奶油/油減去三分之一或二分之一的份量。

- 使用無糖蘋果泥、梅子泥，或是脫脂牛奶來代替原本要使用材料。這個方法絕對行得通！



How to Lower the Fat in Recipes 如何作出低脂的食譜？

***Begin slowly. Make one change at a time.**

慢慢改變，一次做一項改變即可。

1. Leave out a high-fat food.

將高脂食品擺到一旁。

- Don't add the cheese topping to a casserole.

不要在菜餚上面撒芝士粉。

- Make lasagna without the meat.

製作義大利麵或寬麵條時，不要加肉類。

- Other:

其他：

2. Use less of a high-fat food.

減少使用高脂調味料的份量。

- Use only 1 teaspoon of oil to brown meat or onions.

使用一茶匙的油炒肉或炒洋蔥。

- Use ½ the amount of cooking oil in stir fry.

使用一半的油來炒菜。

- Use ½ the amount of mayonnaise.

將平時使用的美乃滋份量減半。

- Other:

其他：_____

3. Use a lower-fat food instead of a high-fat one.

用低脂食品代替高脂食品。

- Use steamed tofu (instead of deep fried tofu).

使用蒸豆腐代替炸豆腐。

- Use chicken breast without skin.

食用去皮雞胸肉。

Use lean pork.
食用瘦肉。

食用兩顆蛋白或是蛋的替代物來取代整顆蛋。

Use two egg whites or egg substitute instead of a whole egg.

Other: 其他 :

4. Use a lower-fat way to cook.

使用低脂烹飪法。

Trim fat from meat. Take skin off chicken and turkey.

切除肉上的油脂；切除雞肉或火雞的外皮。

將烹煮過的牛絞肉油脂流掉，並用熱水過水/川燙。

Use a nonstick pan or nonstick cooking spray.

使用不粘鍋或是不粘鍋用油。

Chill the broth when you make soups or stews until the fat becomes solid. Spoon off the fat before using the broth.

煮湯或燉煮食物時，將高湯冷卻，直到固態油脂浮出，接著，用湯匙將油脂撈走。

Steam or microwave vegetables.

清蒸或微波蔬菜。

Cook meat without adding fat.

炒肉時，不添加油脂。

Other: 其他 :

Drain and rinse browned ground beef.

*Make changes to add back moisture and flavor, too.

* 使用不同的調味方法，來保持食物的美味。

1. Add liquid when you remove 1/4 cup of fat or more.

當您減去1/4杯以上的油脂時，您需要加入其他液體。

Add water, fruit juice, or skim milk.

加水、果汁，或是脫脂牛奶。

In baked goods, add applesauce, pureed prunes, or skim milk.

烘烤食物時，加入蘋果泥、梅子泥，或是脫脂牛奶。

When stir frying, eggplants tend to absorb a lot of cooking oil. Instead of extra cooking oil, add water to prevent eggplants sticking to the pan.

炒茄子時，茄子會吸收大量的炒菜油。為了防止茄子黏在鍋底，可以加水來炒菜而非加入多餘的炒菜油。

2. Add flavor.

加入調味料。

Use wine, lemon juice, flavored vinegars or mustards.

使用酒、檸檬汁、香料用醋，或是芥末。

Use garlic, onions, hot peppers, fresh herbs and spices.

使用大蒜、洋蔥、辣椒、新鮮香料，以及辣味調味料。

Use green onions. 使用青蔥。



Lower-Calorie, Lower-Fat Cookbooks

低卡低脂的食譜書

The following cookbooks are some resources for lower-fat, lower-calorie cooking. There are many more, so feel free to explore!
您可參考下列的低油低卡的食譜。當然，您也可以去探索其他的食譜！

- **A Low-fat Lifeline for the 90's.** Valerie Parker. Lowfat Publications, 52 Condolea Court, Lake Oswego, OR 97035, 1990.
- **All-American Low-Fat Meals in Minutes.** M.J. Smith, DCI Publishing, Inc., Minneapolis, MN 55447-9727, 1990.
- **American Dietetic Association Cooking Healthy Across America**, edited by Kristine Napier, 2005. **Controlling Your Fat Tooth.** Joseph C. Piscatella. Workman Publishing, New York, NY 10003, 1991.
- **Betty Crocker's Chinese Low-Fat Cooking.** Betty Crocker. Hungry Minds Inc., Somerset, New Jersey, USA, 1996.
- **Cooking Á la Heart.** Linda Hachfeld and Betsy Eykyn. Appletree Press, Inc., Mankato, Minnesota 56001, 2010, 3rd Edition.
- **Cooking Light Cookbook Annual Recipes.** Oxmoor House, Inc., Birmingham, AL 35201, 2010(Published once a year.)
- **Down Home Healthy Cooking.** National Cancer Institute, September 2006.
- **Food for Life: The Cancer Prevention Cookbook.** Richard Bohannon, Kathy Weinstock and Terri P. Wuerthmer. Contemporary Books, Inc., Chicago, IL 60601, 1998.
- **Graham Kerr's Creative Choices Cookbook.** Graham Kerr. G.P. Putnam & Sons, New York, NY, 1993.

- **Graham Kerr's Smart Cooking.** Graham Kerr. Doubleday, New York, NY, 1991.
- **Healthy Heart Cookbook, The.** Joseph Piscatella and Bernie Piscatella. Oxmoor House, Inc., Birmingham, AL 35201, 2004.
- **Healthy Homestyle Cooking.** Evelyn Tribole, MS, RD, Rodale Press 1994.
- **Heart Smart Chinese Cooking.** Stephen Wong. Greystone Books, Vancouver, BC, CA, 1998.
- **Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining.** Jane E. Brody. Bantam Books, New York, NY, 1990.
- **Lean and Luscious.** Bobbie Hinman and Millie Synder. Prima Publishing, Rocklin, CA 95677, 1995.
- **Lean and Luscious Meatless.** Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA 95677, 1998.
- **Lickety-Split Meals for Health Conscious People on the Go! 3rd Edition.** Zonya Foco. Zhi Publishing, 2007.
- **Light-Hearted Seafood.** Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1999.
- **Low Fat and Loving It.** Ruth Spear. Warner Books, Inc., New York, NY 10103, 1991.
- **Low-Fat Low-Cholesterol Chinese Cookbook: 200 Delicious Chinese & Far East Asian Recipes For Health, Great Taste, Long Life & Fitness.** Maggie Pannell and Jenni Fleetwood. Anness Publishing, Leicester, UK, 2014.
- **Low-Fat, No-Fat Asian Cooking: 150 Simple, Delicious Recipes for a Healthier You.** Readers Digest, New York, NY, USA, 2012.
- **Low-Fat Way to Cook, The.** Lisa A Hooper. Oxmoor House, Inc., Birmingham, AL 35201, 1993.

- **Mexican Light Cooking.** Kathi Long. Perigee Books, The Putnam Publishing Group, 1992.

- **New American Diet, The.** Sonja Connor and William Connor. Simon and Schuster, New York, NY 10020, 1986.

- **New American Heart Association Cookbook, The.** 7th Edition by American Heart Association.

- **Not Just Cheesecake, A Yogurt Cheese Cookbook.** Marilyn Stone, Shelley Melvin, and Carlie Crawford. Triad Publishing Co., Gainesville, FL, 1997.

- **Over 50 and Still Cooking: Recipes for Good Health and Long Life.** Edna Langholz, Betsy Manis, Sandra Nissenberg, Jane Tougas, and Audrey Wright. Bristol Publishing Enterprises, Inc., San Leandro, CA, 1990.

- **Que Bueno: Five a Day Cookbook.** Bonnie Jortberg, MS, RW. Colorado Department of Public Health and Environment.

- **Quick and Delicious Low-Fat, Low-Salt Cookbook, The.** Jacqueline Williams and Goldie Silverman. A Perigee Book, The Putnam Publishing Group, New York, NY 10016, 1986.

- **Quick & Healthy, Volume II.** 2nd Edition. Brenda J. Ponichtera. Small Steps Press, 2009.

- **Quick & Healthy Recipes and Ideas.** 3rd Edition Brenda J. Ponichtera. Small Steps Press. , 2008.

- **Seafood: A Collection of Heart-Healthy Recipes.** Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1990.

- **Six Ingredients or Less: Cooking Light & Healthy.** Carlean Johnson. C.J. Books, Gig Harbor, WA 98335, 1992.

- **Snack to Your Heart's Content.** Shelley Melvin and Marilyn Stone. Triad Publishing Co., Gainesville, FL, 1990.

- **Southern But Lite.** Jen Bays Avis and Kathy F. Ward. Avis and Ward Nutrition, Inc. 200 Professional Drive, West Monroe, LA 71291. Second Printing, February, 1990.
- **Sunset Low-Fat Cookbook.** Sunset Publishing Corporation, Menlo Park, CA, 1994.
- **The Chinese Longevity Cookbook: Low-Fat, Low-Cholesterol, Vegetarian Dishes with No Salt, Sugar, or Msg.** Margaret Gee. Thorsons Publishers, London, UK.
- **The Healthy Chinese Cookbook: Mouthwatering Authentic No-Fat Low-Fat East Asian Food.** Jenni Fleetwood and Maggie Pannell. Anness Publishing, Leicester, UK, 2007.
- **The Healthful Gourmet Chinese Cookbook.** Rose Lee. Penguin Group (USA) Incorporated, New York, NY, USA, 1999.



Build a Better Breakfast

好的早餐

Do you usually eat in the morning? Yes 是 No否

您是否有吃早餐的習慣？

If yes, what do you usually eat? When? Where?

如果有，您通常吃什麼？何時吃？在哪裡吃？ _____

If no, what are your reasons?

如果沒有，您不吃早餐的理由為何？

How does your morning eating pattern vary on weekends?

您平日的早餐與週末吃的早餐有何不同？ _____

Did you know...?

您是否知道.....?

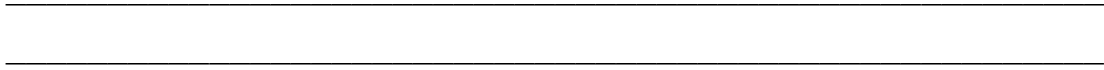
- Breakfast can take less than 5 minutes to make and eat.
做早餐與吃早餐其實可以少於五分鐘。
- People who eat breakfast tend to make healthier food choices during the day.
有吃早餐習慣的人，選擇的飲食類型通常也較健康。
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
吃早餐的人有較好的情緒、更多的精力，以及更好的記憶力。
- People who don't eat breakfast tend to overeat during the day, especially at night. So the next morning, they're less hungry and less likely to eat breakfast. This continues the unhealthy cycle of breakfast skipping and late-day overeating.
沒有早餐習慣的人，在晚上通常會過量飲食，造成隔天早上不覺得餓，便不吃早餐。於是，形成過量飲食與不吃早餐的惡性循環。

Do you skip breakfast and overeat at night?

您是否不吃早餐，晚上飲食過量？

If so, what food(s) could you eat less often at night? (List calories/fat.) 如果是，您可以在晚上減少哪些飲食？（列出其卡路里/油脂）

What food(s) could you gradually start eating in the morning? (List calories/fat.) 列出您要吃的早餐項目？（列出其卡路里/脂肪）





Planning a Morning Meal

規劃您的早餐

Keep it simple. 以簡單為原則。

Use the following guidelines to plan breakfasts that are nutritious, yet require little time and energy to prepare. Use **MyPlate** as the model for healthy meals.

根據下列準則，您不需要花很多時間及精力即可有一份營養豐富的早餐。使用“我的餐盤”，來當作健康早餐的範本。

Vegetables: Add vegetables to egg dishes or include tomato, vegetable, or carrot juice.

蔬菜：煮蛋時加蔬菜，或在早餐裡加蕃茄、蔬菜，或紅蘿蔔汁。

Fruit: Choose fresh fruits or canned fruits packed in water or juice (not heavy syrup). Whole fruits are higher in fiber than juices.

Eat less often: sweetened juice, fruit drinks, or fruit canned in syrup.

水果：選擇新鮮水果，或是泡在清水裡或果汁裡的罐頭水果（不要含大量糖漿）。完整的水果比果汁具備更多的纖維質。

應當減少攝取的水果類食品：含糖果汁、水果類的飲品，或是泡在糖漿裡的水

Grains: Choose oatmeal or cereals that are low in sugar and high in fiber. Include whole grain toast, English muffin, bagel, whole grain steamed bun, or multigrain porridge.

Eat less often: “frosted” or sweetened cereals, granola, cereals with nuts or coconut, croissants, biscuits, most muffins, fried rice, fried lo mein, fried chow mein, deep fried twisted dough sticks, and deep fried sesame balls.

穀類：選擇燕麥、低糖高纖的麥片。食用全穀土司、英式鬆餅、貝果、全穀饅頭，或雜糧燕麥粥。

應當減少攝取的穀類食品：具糖霜或加糖的麥片、燕麥穀粒、添加堅果或椰果的麥片、可頌、英式餅乾、大部份的鬆餅鬆糕、炒飯、炒撈麵、炒麵、油條，及炸芝麻球。

Protein: Include eggs, egg substitutes, seafood, beans, soy products (e.g. tofu pudding) or peanut butter.

Eat less often: bacon (except Canadian bacon) or sausage, Siu Mai, fried dumplings, or fried wonton.

蛋白質類：蛋、仿蛋製品、海鮮、豆類（如豆腐花）、豆製品，或花生醬。

應減少攝取的蛋白質種類：培根（加拿大式的培根除外）、香腸、燒賣、煎餃、炸餛飩。

Dairy: Choose skim, 1%, or plain soy milk, nonfat or low-fat yogurt or cheese.

Eat less often: whole or 2% milk, high fat/sugar yogurt, high fat cheese, sweetened soy milk.

奶類：選擇脫脂或1%低脂牛奶、原味豆漿、無脂或低脂的優酪或芝士。

應當減少攝取的奶類：全脂或含2%脂肪的牛奶、高脂高糖份的優酪、高脂芝士、含糖豆漿。

Limit fat and sugar. Eat these foods less often: sugar, honey, high calorie coffee beverages, regular syrup, cream cheese, pastries, coffeecake, doughnuts, deep fried twisted dough sticks, and deep fried sesame ball.

限制脂肪與糖份的攝取。減少攝取下列產品：糖、蜂蜜、高卡的咖啡飲品、一般糖漿、奶酪、油酥糕餅、咖啡蛋糕、甜甜圈、油條，及炸芝麻球。

Use the microwave to reheat leftovers from last night's dinner. Brown rice, pasta, tortillas, whole wheat steamed buns or vegetable soup can be just as delicious at breakfast.

用微波爐加熱前晚的剩菜；糙米、麵條、玉米餅、全麥饅頭，或是蔬菜湯，都能成為美味的早餐。



My Best Breakfast 我的優良早餐

Look through several of your completed Keeping Track booklets. Find some examples of healthy breakfasts that follow the **MyPlate** model. What food choices work well for you?

回顧您在記錄本寫下的飲食項目，試著找幾個符合“我的餐盤”模型裡的早餐項目。在這些項目中，哪些是您平日會吃的食物？

How many fat grams and/or calories at breakfast are best?

早餐裡的脂肪克數與/或卡路里，多少才是最理想的呢？

Fat goal for breakfast 早餐的脂肪目標：_____ grams克

Calorie goal for breakfast 早餐的卡路里目標：_____ calories克

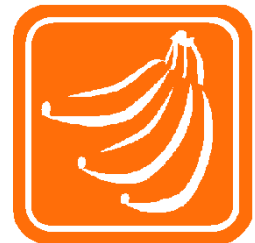
Use the examples to build 3 “standard” breakfast menus for yourself.

依照您在紀錄本裡，寫下的健康飲食項目，試著為自己計劃三份“標準”早餐：

1. _____

2. _____

3. _____





Build a Better Light Meal

計劃一份更好的簡單餐飲

Make one meal each day a “light” meal.

每天都有一餐為簡單餐飲。

Have a simple, light lunch if you’re planning to go out to dinner. Or make dinner a light meal if you have eaten a large lunch.

Use **MyPlate** as a model. Think simple and quick:

例如：若晚上計劃在外用餐，當天的午餐就吃簡單一點；或者午餐吃得很豐富，晚餐就少吃一點。

使用“我的餐盤”當作範本。以下為簡單、快速的食物組合：



- Sandwich, carrot sticks, fruit, milk.
三明治、紅蘿蔔條、水果、牛奶
- Salad, tuna, whole grain crackers.
沙拉、鮭魚、全穀餅乾。
- Pasta, veggies, beans.
麵條、蔬菜、豆類。
- Brown rice, stir-fried veggies, chicken.
糙米飯、清炒蔬菜、雞肉。
- Burrito, salad, fruit.
墨西哥式麵餅卷、沙拉、水果。
- Frozen entree, salad, fruit, milk.
冷凍餐、沙拉、水果、牛奶。

Keep healthy, “quick-to-fix” foods on hand.

隨時準備健康，且能快速取得的食物。

With the following foods in your fridge, freezer, or pantry, you’ll be able to pull together a packed lunch or light dinner at a moment’s notice.

您可以在冷藏、冷凍庫，或食品儲藏室找到下列食物。這樣，您可以快速地裝好午餐或準備好一頓簡單的晚餐。

Grains 穀類

- Low-fat breads, < 2 g fat/slice (whole grain bread, bagels, English muffins, plain rolls, pita bread, tortillas)
低脂麵包，每片低於2克脂肪
(全穀麵包、貝果、英式鬆餅、麵包卷、圓麵餅、墨西哥玉米餅)
- Low-fat crackers
低脂餅乾
- Cold cereal, hot cereal
冷麥片、熱麥片
- Quick cooking brown rice
快熟糙米飯
- Pasta (angel-hair pasta and fresh pasta cook most quickly)
義大利麵 (可快速煮熟的義大利麵包括：
細麵與新鮮通心粉)
- Whole wheat steamed bun
全麥饅頭

Fruits/Vegetables

- Fresh fruit
新鮮水果
- Peeled carrots
去皮蘿蔔
- Prepared raw vegetables from the salad bar
沙拉吧裡的生冷蔬菜
- Pre-washed salad greens in a bag
袋裡所放置的未清洗綠葉沙拉
- Canned fruit, in water or juice
泡在水裡或果汁裡的罐頭水果
- Canned tomatoes
番茄罐頭
- Frozen mixed vegetables, for soups, stir-fries, etc.
用來煮湯、清炒的冷凍綜合蔬菜

- Frozen potato wedges (no fat added)
切好的冷凍馬鈴薯 (無添加脂肪)

Dairy 奶類

- Skim or 1% milk
脫脂或1%脂肪的牛奶
- Low-fat soy milk, no sugar added
低脂無糖豆漿
- Nonfat or low-fat cheeses
無脂或低脂的芝士
- Nonfat, sugar-free yogurt
無脂無糖優酪

Protein 蛋白質

- Water-packed tuna, salmon, chicken
浸水鮪魚、鮭魚，和雞肉
- Sliced turkey or chicken breast
火雞肉或是雞胸的切片
- Sliced, extra lean ham
特瘦火腿的切片
- Canned beans (garbanzos, black beans, navy, kidney beans, black eye peas, etc.)
豆類罐頭 (鷹嘴豆、黑豆、海軍豆、腰豆、黑眼豆、等等)
- Vegetarian refried beans
三色豆
- Tofu 豆腐

Miscellaneous 各式食品

- Canned, low-fat soups and broth
低脂湯品，與高湯罐頭
- Bottled low-fat sauces, including spaghetti sauce and homemade low-fat fried soybean sauce
低脂瓶裝醬料，包括義大利醬和自製低脂炸醬

- Bottled low-fat or nonfat salad dressings
低脂或無脂罐裝沙拉醬
- Flavored vinegars
調味醋
- Salsa
墨西哥莎莎醬
- Spicy mustard
辣芥末
- Low-calorie frozen entrees (<300 calories, 10 grams of fat)
低卡冷凍餐點(每份低於300 卡及10 克油脂)



My Best Light Meal

我的最佳簡單餐飲

Look through several of your completed Keeping Track log sheets. Find some examples of healthy light meals that follow the **MyPlate** model. 瀏覽您在記錄本寫下的飲食項目，試著找幾個符合“我的餐盤”模型裡的簡單餐飲項目。

What food choices work well for you?
在這些項目中，哪些是您平日會吃的食物？

How many fat grams and/or calories at your light meal are best?
簡單餐飲裡，有多少的脂肪克數與/或卡路里才是最理想的呢？

Fat goal for light meal 簡單餐飲的脂肪目標：_____ grams 克

Calorie goal for light meal 簡單餐飲的卡路里目標：_____ calories 卡路里

Use the examples to build 3 “standard” light meal menus for yourself.
依照您在紀錄本裡寫下的健康飲食項目，試著為自己計劃三份“標準”簡單餐飲：

1. _____

2. _____

3. _____





Build a better main meal 規劃一份更好的正餐

Use **MyPlate** as the model for healthy meals.
規劃健康飲食時，使用“我的餐盤”當作範本。

Vegetables: Include cooked vegetables without added fat. Add lots of vegetables to spaghetti sauce, low-fat fried soybean sauce, lasagna, chili, stew, stir fries, stuffed steam buns, dumplings, Chinese meat pies (Xian Bing), fresh spring rolls, or grain dishes. Include a colorful salad with low-fat or fat-free dressing.

蔬菜：包括無脂的熟蔬菜。在義大利醬、低脂炸醬、千層麵/寬麵、紅番椒、燉物、清炒食物、含餡料的蒸包、水餃、餡餅、新鮮春卷，和穀類食物中，加入大量的蔬菜一起烹調。製作沙拉時，加入各種顏色的蔬菜，淋上低脂或無脂的沙拉醬。

Fruit: Serve fruit with your meal or added to vegetable salads. Fruit also makes a great dessert: Slice several kinds of fresh or canned fruit (without syrup) into an attractive bowl. As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt or pudding.

水果：每餐均搭配水果，或在生菜沙拉中加入水果。水果也能成為美味的甜點 - 將各種新鮮水果或罐頭水果切片（注意：勿使用浸泡在糖漿裡罐頭），並放入一個漂亮的碗盤裡。接著，在餐盤中的最上層，加入少量的水果牛奶凍、雪糕、低脂或無脂的優酪或布

Grains: Try whole-grain pasta, bread, whole wheat steamed buns, five grains porridge, tortillas and pita bread. Experiment with brown rice, barley, couscous, wild rice, millet, kasha, and bulgur.

五穀類：嘗試全穀義大利麵、麵包、全麥饅頭、五穀燕麥粥、墨西哥玉米餅、圓麵餅。也可以嘗試糙米飯、大麥、蒸丸子、菰米、小米、蕎麥、小麥。

Protein:

蛋白質類：

- Use low-fat cuts of meat, poultry, or fish, cooked without fat.
使用無肥切片的肉類、家禽，或魚類。烹煮時不要加油。
 - Watch portion sizes. Three ounces of meat per person is plenty.
注意食用的份量，一個人食用3 盎司的肉類已足夠。
 - To make it look like a larger portion, add vegetables to meat dishes and serve meat and vegetables together.
在肉類菜餚中加入蔬菜，並將肉與蔬菜一起夾入餐盤，使之看起來為較大的份量。
 - Or cut lean meat in small bits or strips. Add to rice, pasta, stew, stir-fry, or soup. Make stuffed steam buns, Chinese meat pies, dumplings, and wontons with more beans and vegetables and less or no meat.
或者，將瘦肉切成小塊或切絲，加入米飯、義大利麵、燉鍋、清炒、或湯品一同烹調。製作含餡蒸包、餡餅、水餃，以及餛飩時，加入較多的豆類和蔬菜、加較少的肉類，或者不放肉類。
- Serve beans and tofu, in place of meat, more often. Try lentil dishes, tofu stir fries, bean or split pea soup, and baked beans. Avoid cooking beans with fatty meats and deep fried tofu.

Dairy: Choose skim, 1%, or soy milk with no added sugar, nonfat or low-fat yogurt or cheese.

奶類：選擇脫脂、1%低脂肪牛奶或無糖豆漿、無脂或低脂優酪或芝士。

Limit fat and sugar. Save calories by drinking water instead of sweetened beverages.

限制脂肪與糖的攝取：飲用白開水替代含糖飲料，減少卡路里的攝取。



My Best Main Meal

我的最佳正餐

Look through several of your completed Keeping Track log sheets. Find some examples of healthy main meals that follow the **MyPlate** model.

檢視您在記錄本寫下的飲食項目，試著找幾個符合“我的餐盤”模型的正餐項目。

What food choices work well for you?

在這些項目中，哪些是您平日常會吃的食物？ _____

How many fat grams and/or calories at your main meal are best?
 正餐裡，有多少的脂肪克數與/或卡路里才是最理想的呢？

Fat goal for main meal 正餐的油脂目標： _____ grams 克

Calorie goal for main meal 正餐的卡路里目標： _____ calories 卡路里

Use the examples to build 3 “standard” main meal menus for yourself.

依照您在紀錄本裡，寫下的健康飲食項目，試著為自己計劃三份“標準”正餐：

1. _____

2. _____

3. _____





Build Better Snacks

規劃更好的小吃

To improve your snack choices, first think about where and when you snack. 為了改善您對小吃的選擇，先想一想您通常在何時何地會享用小吃？

A snack you eat often: 您常吃的小吃：	Fat grams/calories per serving 每份所含的脂肪克數/卡路里	Where and when do you usually eat the snack? 您通常在何時何地會吃這個小吃？
1.		
2.		
3.		
4.		
5.		

Are most of your snacks planned or unplanned?

大部分的時間，您是否有計劃地吃小吃？ _____

For many people, unplanned snacks are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

對大多數的人來說，下列因素會使人在無計劃的情況下吃小吃。

勾選符合您的情況：

Being too hungry 過度飢餓

看見食物或聞到食物的香味，或他人正在享用食物。

Being tired or overworked

疲累或工作過度

Doing certain things or being in certain places (e.g., watching TV)

Feeling stressed, anxious, bored, or angry

感到壓力、焦慮、無聊，或生氣

在特定場合和情況下，您習慣吃小吃
(如：看電視)

Seeing or smelling food, or others eating

Celebrating on holidays or at family gatherings

假日的慶祝活動，或是家人團聚

Other: 其他 : _____

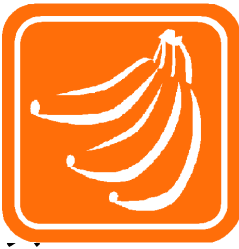
What could you do to avoid these situations/feelings or handle them differently?

如果您再次遇到以上的情況或感受，您會做些什麼改變？

Example: If the TV room triggers eating potato chips for you, you could stop buying potato chips and keep a bowl of fresh fruit in the TV room.

例如：如果看電視的地方會使您想要吃洋芋片，你可以停止購買洋芋片，並在電視房裡放一盤新鮮水果。





My Best Snacks

我的最佳小吃

Look through several of your completed Keeping Track log sheets. Find some examples of snacks.

檢視您在記錄本寫下的飲食項目，試著找幾個符合“我的餐盤”模型裡的小吃項目。

What food choices, times and places for snacks work well for you?

您習慣吃哪些小吃？您習慣在哪些時段與地點吃小吃？

How many total fat grams and/or calories for snacks are best?

小吃裡有多少的脂肪克數與/或卡路里才是最理想的呢？

Fat goal for snacks 小吃的脂肪目標：_____ grams克

Calorie goal for snacks 小吃的卡路里目標：_____ calories卡路里

Use the examples of “Satisfying Snacks” list on the next page to build 7 “standard” snacks for yourself.

從下頁“令你滿意的小吃”裡的，選出符合您需求的7個“標準”小吃。

1. _____
2. _____
3. _____
4. _____
5. _____

7. _____



Satisfying Snacks

令你滿意的小吃

Choose a healthy snack that matches the taste and texture you're looking for. And remember to watch the portion size. **Snacks should provide no more than 200 calories.** Check your grocery store for portion-controlled options.

從下列的小吃中，選擇符合您口味的健康小吃。注意每份點心的份量，**點心的卡路里不能超過200卡**。在您購買點心的商店裡，注意是否有不同份量的選項。

Crunchy Snacks:

香脆點心

- Fresh fruit (apple, pear)
新鮮水果(蘋果、梨子)
- Raw vegetables (broccoli, carrots, cauliflower, green pepper, celery) with hummus
生蔬菜 (花椰菜、紅蘿蔔、白色花椰菜、青椒、芹菜) 淋上鷹嘴豆芝麻沙拉醬
- Low-fat crackers (oyster, Melba, matzo, rice crackers, crispbread) with low-fat cheese or peanut butter
低脂餅乾 (牡蠣、香草紅莓冰、無酵餅、米餅、薄脆餅乾) 搭配低脂芝士或花生醬
- Rice crackers, mixed rice cracker grain snack
米餅、穀類米餅。
- Popcorn, air-popped or light
真空爆米花、低油爆米花
- Pretzels
椒鹽脆餅
- Baked tortilla chips and salsa
烘烤墨西哥玉米片與莎莎醬
- Rice cakes, popcorn cakes
年糕、玉米餅
- 100 calorie pack of nuts, Wasabi Soya Beans
每包100卡的堅果、日式芥末醬豆
- Seasoned seaweed 調味海苔
- Other其他: _____

Chewy Snacks

有嚼勁的點心

- Dried fruit (raisins, apricots, jujubes, apples)
水果乾 (葡萄乾、杏仁乾、棗類、蘋果乾)
- Chewy breads (English muffin, bagel, pita, breadsticks, naan)
有嚼勁的麵包 (英式鬆餅、貝果、圓麵餅、麵包條、印度烤餅)
- Low-fat cheese sticks
低脂芝士條
- Edamame 毛豆

- Other 其他: _____

Chocolate Snacks

巧克力點心

- Fudgesicle, regular or sugar-free
一般或無糖巧克力雪糕
- Low-fat chocolate pudding
低脂巧克力布丁
- Chocolate nonfat milk
無脂巧克力牛奶
- Chocolate graham crackers
全麥巧克力餅乾
- Low-fat ice cream sandwich
低脂冰淇淋夾心餅乾
- Other 其他: _____

Smooth or Frozen Snacks

冰沙或冷凍點心

- Applesauce, unsweetened with cinnamon
無糖肉桂蘋果泥
- Low-fat cottage cheese with fruit
低脂白乾酪搭配水果
- Low-fat or nonfat pudding
低脂或無脂布丁
- Yogurt, light or nonfat
低卡低脂或無脂優酪
- Fruit Smoothie
水果冰沙
- Frozen yogurt, nonfat
無脂冰凍優酪
- Sherbet or sorbet

雪糕或雪酪

- Frozen fruit bars
水果冰棒
- Lemon ice
檸檬冰沙
- Frozen grapes, bananas, berries
冰凍葡萄、香蕉、莓類
- Popsicle
冰棒
- Other 其他: _____

Sweet Snacks

甜點

- Fresh fruit (orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon)
新鮮水果 (橘子、香蕉、櫻桃、奇異果、葡萄、藍莓、草莓、桃子、李子、鳳梨、瓜類)
- Gelatin
果凍
- Low-fat cookies (ginger snaps, graham crackers, vanilla wafers)
低脂餅乾(薑餅、全麥餅、香草薄酥餅)
- Other其他: _____





Session 4: Move Those Muscles 第四課：活動肌肉

It's All about Movement 生活的一切都與運動相關

Progress and innovation have made life easier. We get by with less effort. The good news is that we can get more done over a given period of time. The bad news is that this progress typically means less physical movement of our body. More and more, the need to move is being eliminated from our daily routine.

隨著科技的改革與創新，生活變得更加方便、省力。我們能在有限的時間內完成更多的事情；然而，生活的方便使得我們缺乏運動。我們甚至不再做一些過去生活中的必要活動。

Think of some examples in your own life in which you can now perform a task with less movement compared to years ago?

與過去幾年相比，回想您現在的生活。您在哪些事情上使用較少的力氣去完成？

The overall goal of the activity portion of the GLB is to help you find ways to add movement to your daily routine in ways that can be counted (planned) as well as in ways that would be difficult to count (spontaneous). At the end of the day, it is the sum of the spontaneous/unstructured activity and the planned physical activity that is important and comprises your total physical activity level.

總括來說，生活均衡小組的目的是藉由增加規劃性與非規劃性活動，來幫助您增加日常活動量。這些活動的總和，便是您的身體活動程度。

Spontaneous/Unstructured Activity: Activity choices that we make during the day that are too brief to keep track of, but can make a difference in your total physical activity level.

彈性活動/非規劃性活動：指的是無規劃下，所做的短暫活動。而這些活動時間太過短暫，而難以計算時數。雖然如此，非規劃性活動仍能改變身體的活動程度。

Planned Activity: By the end of the GLB program, the goal is for you to have figured out how to regularly add a minimum of 150 minutes of **moderately intense activity** (similar to a brisk walk) to your week. These 150 minutes should



Group Lifestyle Balance

Move Those Muscles, Page 1

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Chinese Version. C.A. Chesla, School of Nursing, UCSF. January 2015

be divided over the course of the week and are in line with the national public health recommendations (Physical activity and Health: a Report of the Surgeon General).

規劃性活動：在生活均衡小組的課程結束時，我們的目標是幫助您找出增加活動量的方法，並於每週增加150分鐘以上的中等強度活動(類似快走的活動)。每週增加的150分鐘活動量，需平均分配在一週之內，並符合美國公共衛生局的建議準則(身體的活動與健康：衛生局局長之報告)。

So What Can You Expect of the Activity Program As We Get Started?



課程開始後，您可以有哪些期待？

First of all, rest assured that **you can succeed!** The following are key reasons why this physical activity program can and will work for you:
首先，您要知道：您能成功！

因著下面列出的關鍵原因，身體活動課程將對您產生效果：

Most of you will likely choose walking as your activity, although other activities similar in intensity to a brisk walk are acceptable.

The starting point is where you are right now. No judgment, no questions asked. You will begin from where you're currently at, and gradually add a small amount of activity over time.

大部份的人會選擇快走當作運動。當然，也有其他類似強度的活動可作為您運動的選擇。

現在就是您的**起跑點**。不要懷疑，現在就要開始改變！隨著時間的進行，您的活動量會逐漸增加。

You will be asked to keep track of your activity levels and to plan where to add activity to your week until you have a successful routine developed.

Keeping track is important because, just like diet, it is difficult to change a behavior such as physical activity until you understand your current activity habits.

您將被要求持續紀錄每週的活動程度、檢視每週的活動量，並增加適當的活動，直到您成功培養了適當的活動量。

若您不了解自己的日常活動習慣，要改變日常活動是相當困難的。因此，如同紀錄

飲食的重要性，持續紀錄活動量是相當重要的。

Planning ahead for a week that includes activity is also very important because these things do not just happen by chance. We need to plan ahead for when we expect to participate in physical activity.

Your **progression** will be slow and safe with increases of no more than 30 minutes per week. That is less than 5 minutes per day.

提前規劃一週的活動是非常重要的，因為您無法“偶然”地活動，而是需要有計劃的進行活動。

關於您的進展：您將於每週逐漸地、安全地增加30分鐘以下的活動量。這意味著每天增加的活動量不超過5分鐘。

Safety. This program is all about safety. To make sure that we begin on a safe note, we have asked that you check with your health care provider and get his or her approval for your plans to increase your physical activity level. To ensure the program remains safe for you, the initial goal will be to increase the duration of your activity, rather than the intensity. Any increases in either duration or intensity will be gradual.

安全性。此課程完全建立在安全的基礎上。為了確保您的安全，我們要求您在開始增加身體活動的課程之前，您的醫療照護者(醫生……等)必須准許您進行此課程。而為了確保您持續在課程中有安全的保障，我們剛開始會將活動的目標建立在增加活動的時數，而非活動的強度。關於活動的時數與強度，都是漸進地增加。





Getting the OK to Increase Your Activity Level. 增加活動量的許可證

We are requiring that you get approval from your healthcare provider before you increase your physical activity levels in the GLB program. Although the chance of you not being able to join the activity portion of this program is VERY rare, this decision needs to be made by your health care provider. You cannot proceed in this program until you have this approval.

當您參加均衡小組生活課程裡的“增加身體活動量”課程之前，我們要求您需獲得您的醫療照護者的許可。雖然您被禁止參與此課程的機率非常低，您還是必須讓您的醫療照護者決定是否能夠參與課程。在獲得准許之前，您不能參加課程。

So what is the involvement of your health care provider after the program gets started? 課程開始後，您的醫療照護者需要參與的事項？

- Never are we (as your GLB coaches) able to provide medical advice. We are NOT your health care provider and will NOT replace your health care provider in any way.
我們(您的教員)無法提供醫療相關的建議。我們並非您的醫療照護者，也不會在任何方面，代替醫療照護者的角色。
- In all cases of illness, pain, or medication adjustment, you need to talk to your health care provider.
關於疾病、疼痛，或是調整藥物的事宜，您必須詢問您的醫療照護者。
- If you get sick, we will ask you to put your activity on hold until you are well and your health care provider has given you the OK to start exercising again.
若您在活動過程中生病，我們將要求您停止活動直到您恢復健康。並且，您的醫療照護者也同意讓您重新恢復活動。
- If you feel pain (not muscle aches, but pain), we ask that you stop doing what you are doing and have it checked out by your health care provider.
若您在活動中感到疼痛(非肌肉痠痛)，我們將要求您停止活動，並且請您的醫療照護者進行評估。

- Please review the "*When to Stop Exercising*" handout on the next page. All cases of chest pain and/or discomfort should be brought to the attention of your health care provider as soon as possible.

請閱讀下一頁“何時該停止運動”的講義。您的醫療照護者需盡快發現您所經歷的任何胸痛和/或不適。

It is also a great idea to keep your health care provider informed about your progress in the GLB program. He or she is very interested in your health and well-being and will be pleased to hear about your effort to improve your lifestyle.

同時，讓您的醫療照護者知道您在均衡生活小組中的進展。醫療照護者對您的健康與安康有極大的興趣，並樂意得知您在促進健康生活上所付出的努力。



When to stop exercising... 何時該停止運動...?

Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

一般來說，增加身體的活動量是相當安全的。然而在少數的案例中，仍會產生問題。若您經歷下列症狀，必須要停止運動。

Chest pain or discomfort:

胸痛或不適：

What:

出現的症狀： Uncomfortable feeling of pressure, pain, squeezing, or heaviness. 壓迫感、疼痛感、擠壓感，或沈重感……等不適症狀。

Where:

發生部位： Possibly in the:

可能發生的部位：

- Center of the chest, 胸口正中央
- Spread throughout the front of the chest, or 擴散至前胸，或者
- Radiating to, or even starting, in the shoulder(s), arm(s), neck, jaw, and back. 延伸/或開始於肩膀、手臂、頸部、下巴，以及背部。

What to do:

處理步驟： Stop and sit or lie down.

停止活動，並坐下或躺下。

If it doesn't go away after 2-4 minutes, go to an emergency room.

若於2-4分鐘後都無法緩解，至急診室。

If it does go away, let your doctor know about your

episode. 若可緩解，請務必告知您的醫師。

Severe nausea, shortness of breath, cold sweats, feeling lightheaded or irregular pulse/palpitations:

嚴重的噁心感、呼吸困難、盜冷汗、頭昏眼花、或是不規律的脈搏/心悸：

What to do: Stop and sit or lie down.

處理步驟： 停止活動，並坐下或躺下。

If it doesn't go away in 5-10 minutes call your doctor

If it does go away, let your doctor know about your episode.

若經 5- 10分鐘仍無法緩解，致電話給您的醫生。

若緩解，請務必告知您的醫生。

Any of the above problems may be signs of something serious like a heart problem, so should NEVER be ignored.

上述的任何症狀均可能是嚴重健康問題的表現，如心臟疾病。因此，不要忽略這些症狀。

This program is centered on exercising wisely. You will receive information on ways to lessen the risk of activity related injury including the need to warm up before you begin your activity and the importance of cooling down afterward.

此課程注重謹慎的運動，您將會從課程裡學習到關於減低運動傷害風險的課程，這包括學習關於活動前的暖身，以及活動後收斂操的重要性。



What a Bargain! The Many Benefits of an Active Lifestyle. **真棒的交易！積極活動的好處。**

Physical activity is one of the biggest “bargains” you can get. The list of benefits is extensive. This list includes only a few of these many benefits.

世界上最值得的交易之一便是增加身體活動量。活動身體有非常多的好處，包括：

Being more active will:

增加身體活動量將：

→ Help you feel, look, and sleep better.

幫助您感覺更好、容貌更好、睡眠更好。

→ Make you more physically fit. It will be easier for you to do your daily tasks, like climbing stairs and keeping up with your kids/grandkids.

讓您的身體更強健。您將更容易執行日常活動，如爬樓梯、照顧您的孩子/孫子……等。

→ Help you lose weight and keep it off.

幫助您減重並維持體重。

□ Improve bone density and muscle strength; thus enhancing joint stability, flexibility, and balance.

增強骨質和肌肉強度，並藉此增加關節的穩定性、身體的靈活度，以及平衡感。

→ Lower your risk for heart disease and diabetes.

降低您罹患心臟病與糖尿病的機率。

Being more active may:

增加身體活動量能幫助您：

- Raise HDL cholesterol (the “good” cholesterol/fat in your blood).
增加高密度脂蛋白膽固醇(“好”膽固醇/脂肪)
- Lower triglycerides.
降低三酸甘油酯。
- Lower blood pressure.
降低血壓。
- Lower blood sugar and make your body more sensitive to insulin.
降低血糖，並增加身體對胰島素的靈敏度。



☆In the Diabetes Prevention Program, being active was shown to be an important part of reducing the risk of developing diabetes.

Imagine having the chance to try and prevent such a serious disease. ☆

在糖尿病預防計劃中，增加身體活動量是降低罹患糖尿病的風險的重要因素。想像一下，您也有機會藉著這個課程，預防嚴重的健康問題。



The Physical Activity Goal 身體活動的目標

Your physical activity goal is a reachable, weekly goal. So what exactly is it? 您有達成每週身體活動目標的能力。這些目標的內容是什麼呢?

The Goal: Do 2½ hours (that's 150 minutes) of physical activity each week.

目標：每週運動**2.5** 個小時(**150**分鐘)。

- Pick activities you **LIKE**.
選擇您喜歡的活動。
- Choose types of physical activity that are of moderate intensity, like brisk walking.
選擇中等強度的活動類型，如：快走。
- Work up to this goal *slowly*.
漸進式的達到目標。
- Spread the activity over 3 to 4 days (or more) per week.
將您的活動分配至一周中的 3 - 4 (或更多)天。

Before we get started, let's think back to how active you have been both in the distant past and more recently.
課程開始之前，請回想您過去與最近的身體活動情形。

How active are you now? (Type of activities you do, with whom, how often and for how long)

您現在的身體活動情形？

(從事何種類型的活動、和誰一起活動、活動頻率，以及進行多長的時間。)

Are there activities that you did in the past that you no longer do?

您過去曾做過哪些活動，是您如今不再做的？

Why did you stop?您不再做那些活動的原因？

What do you like or dislike about being active or being inactive?
請列出您對增加身體活動與減少身體活動的喜愛與厭惡：

	What I like about it 我喜歡它的地方	What I don't like about it 我不喜歡它的地方
Being Active 增加身體的活動量		
Being Inactive 減少身體活動量		



Physical Activity Progression 身體活動的進展

Where Should I Start? How many minutes would you say that you spent in physical activity during the past week. If it is less than 60 minutes, your goal for next week is 60 minutes. If you did more than 60 minutes last week, do that same amount this week and record your activity.

該從何處著手? 您在過去這一週，共運動了幾分鐘？若您的答案少於60分鐘，您下週的目標就設定在60分鐘。若您的答案多於60分鐘，則下週的目標維持在您現在的活動量。

Progression: Each week you should try and gradually increase the amount of physical activity that you do. However, work up to your activity goal slowly. A good rule of thumb is to increase by no more than 30 minutes each week.

進展：您應該逐漸增加每週的活動量。然而，記得要緩慢地增加活動目標。每週增加的活動量，以不超過30分鐘為首要的原則。

EXAMPL例如:	
Week 4: 第4週	Walk 60 minutes per week (12 minutes on 5 days per week). 每週共快走60分鐘 (每天快走12分鐘，共五天)
Week 5: 第五週	Walk 90 minutes per week 每週共快走90分鐘 (18 minutes on 5 days per week). (每天快走18分鐘，共五天)
Week 6: 第六週	Walk 120 minutes per week 每週共快走120分鐘 (24 minutes on 5 days per week). (每天快走24分鐘，共五天)

Week 7+:
第七週以後

Walk 150 minutes per week
每週共快走150分鐘
(30 minutes on 5 days per week).
(每天快走30分鐘, 共五天)

Types of Activities 活動類型

We suggest **brisk walking** since it is easy to do and good for you. Here are some activities that are usually similar to or more intense than brisk walking.

我們建議您從事快走的活動。對您來說, 快走是一項簡單方便的活動。以下我們列出一些活動類型給您參考, 它們的強度類似於快走。

- Walking 走路(快走)
- Tai Chi 太極拳
- Yard work (mowing lawn or raking leaves)
整理院子 (除草、將葉子聚集)
- Bicycle riding (outdoors or on an indoor, stationery bike)
騎腳踏車 (戶外騎單車或室內騎健身腳踏車、腳踏車機)
- Aerobic dance (step aerobics)
有氧舞蹈 (有氧運動)
- Pin Pon 乒乓球
- Badminton 羽毛球
- House work 家事
- Dancing (square dancing, line dancing)
跳舞 (方塊舞、排舞)
- Hiking 爬山
- Strength Training (not considered an aerobic activity but highly recommended)
重量訓練 (雖然不是有氧運動, 但仍非常建議進行此訓練)
- Swimming (laps, snorkeling)
游泳 (換氣來回的游)
- Tennis 網球
- Basketball 籃球
- Walking (treadmill, outdoor, indoor mall or fitness center)
走路 (踏步、戶外、室內球場或購物中心、健身中心)
- Water Aerobics 水中有氧運動



Planning for an Active Week **開始規劃“活動週”**

Last session we asked you to pay attention to the activities that you did throughout the week and to do something active on 3-4 days. Now we will ask you to begin keeping track of your physical activity levels and will have you start thinking about ways to plan for a more active week.

在上一次的課程中，我們要求您留意過去一週裡3-4天的活動。現在，我們將要求您紀錄每週的身體活動量，並思考如何計劃一個“活動週”。

Planned Activity: You can find the time to be active:

計劃性活動：找到一段活動的時間：

- Set aside blocks of time throughout the week to be active.
將活動的時間規劃出來。

When can you set aside a block of time (15+ minutes) to do an activity that you like?

您可以規劃哪些時間(15分鐘以上)，做您喜愛的活動？

What activity is it?

您的活動項目？ _____

Where will you be doing the activity?

您會在哪裡進行這項活動？ _____

- Look for free time (10 to 15 minutes) during the day. Use this time to be active.

每天尋找可運用的自由時間，並利用這些時間運動。

When during the day might you have some free time (10 to 15 minutes)?

您每日可運用的自由時間，有哪些時段 (約10-15分鐘)？

It's important that you look ahead each week and plan some devoted time to be active. Write down when you plan to be active on your calendar. Don't just wait for activity to happen. You have to make it happen!

事先規劃活動行程，並致力花時間實行是非常重要的。將您計劃活動的時間寫在您的行事曆/日程表上。安排活動時間，需要您的努力規劃！

Spontaneous/Unstructured Activity Choices

非計劃性活動的選擇

Make active choices throughout the day. Every minute adds up to a "more active you."

每一天都要積極活動。您所活動的每一秒，都會讓您成為一位“更活躍的人”

There are times each day when you may have the opportunity to make a more active choice. These times occur spontaneously and, often, the activity will be brief. However, if you sum up many of these moments, they can make a difference.

每天都有您可利用的活動時間。這些時間往往發生在一些無預期的短暫時刻裡。然而，若您累積這些短暫的時間，您將發現這些時間總和能使生活大大的不同。

Give examples of these types of opportunities that you may be able to take advantage of.

您可以從各種情況裡，找到活動的機會。以下例子供您參考：

Inactive Choice	Active Choice
不活動的選擇	活動的選擇
When you shop, park your car as close as you can to the entrance of	Park your car further away and walk.

the store. 當您購物時，將車子盡可能停在靠近商店的入口處。	在較遠的地方停車，走路至商店門口。



Decrease inactivity and time spent sitting:

減少不活動與坐著不動的時間：

It's important to know how much activity you participate in each day. It's also important to pay attention to how much inactivity is in your day, and how much time you spend sitting. Your health may benefit by decreasing the time you spend sitting.

您每天真正活動的時間是非常重要的。同樣，您需要知道每天不活動與坐著不動的時間。減少不活動與坐著不動的時間，將有益您的健康。

Ways to decrease your sitting time:

減少坐著不動的方法：

- Try cutting down your TV time. Walk instead.
試著縮短看電視的時間，並利用其餘的時間走路。
- Be active while you watch TV (e.g., ride an exercise bike, lift weights).
您可以一邊看電視時，一邊活動（例如：騎室內健身自行車、舉重……等）。
- Move during the commercial breaks. On average, there are 17 minutes of advertising for every one-hour program. Use this time to MOVE!
善用廣告時間。一小時的電視節目中，平均有17分鐘的廣告時間，利用這些時間活動！



The Smart Way to be Active: Keeping It Safe **聰明的活動方式：確保您的安全**

Being active is usually quite safe. But in rare cases, problems can arise. The best approach is prevention.

一般來說，增加身體的活動是相當安全的。但是，仍有少數的案例會產生問題。預防措施是減少問題的最佳方法。

Prevent sore muscles or cramps

預防肌肉痠痛或是肌肉痙攣

- Only increase a little at a time; make small and gradual increases in how often, how hard, and how long you're active.
一次增加一點。漸進式地增加活動的頻率、強度、與時間。
- Drink plenty of water before, during, and after being active.
活動前、活動中，及活動後，飲用大量的白開水。
- Wear socks that fit well, are comfortable, and keep your feet dry.
穿著合身、舒適的襪子，並保持足部的乾燥。
- Warm-up before and cool-down after every activity.
每次活動前需熱身，活動後需收操。

Here are some other tips on exercising the Smart Way.

以下為聰明活動的小祕訣：

WARM UP AND COOL DOWN

熱身與收操

Warm-up

熱身

1. Do whatever activity you plan to do but at a lower intensity for a brief time.
在短暫的時間內，進行任何一個強度較低的活動。
2. Do a few minutes of mild stretching. 進行幾分鐘的溫和性伸展運動。
Most warm-ups take only 5 to 10 minutes. 一般來說，熱身需要花5-10分鐘。

Cool-down

收操

1. Do whatever activity you have been doing, but at a lower intensity for a brief time.
在短暫的時間內，進行任何強度較低的活動。
2. Do a few minutes of mild stretching. 進行幾分鐘的溫和性伸展運動。
Most cool-downs take only 5 to 10 minutes. 一般來說，收操需要5-10分鐘。

If you do get a muscle cramp:

若您發生肌肉痙攣：

- Stretch the muscle and then massage it. Repeat.
重複伸展並按摩您的肌肉。
- If there is still pain, put ice on the cramp for a few minutes (10-15 minutes).
若仍感到疼痛，冰敷肌肉10-15分鐘。
- Repeat the massage and stretching.



重複伸展，並按摩肌肉。



Keeping it Safe While Stretching Those Muscles 伸展肌肉時，注意安全。

除了游泳外，絕對不要在用力時屏住呼吸。若數數字能幫助您呼吸，您可以試著如此行。

熱身能幫助您鬆緩肌肉，以預防運動傷害。

Stretching is one of the best ways to prevent muscle soreness, cramps, and injuries.

肌肉伸展是預防肌肉痠痛、痙攣，與受傷的最佳方法之一。

Stretching also helps you become more flexible and to feel relaxed.

伸展運動同時也幫助您的身體更加靈活與放鬆。

A warm-up loosens the muscles to prevent injuries.

Other than swimming under water, never hold your breath in any exertion. Count out loud if that helps.

How to Stretch 如何伸展？

- Do a short warm-up *before* stretching. 伸展前先熱身。
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
慢慢拉動您的肌肉，直到肌肉有伸展的感覺。若要安全的伸展，您需要溫和並放鬆地活動肌肉。
- Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
穩定地停留在伸展的姿勢約15 - 30秒。切勿迅速回復原先的姿勢。
- Relax. Then repeat 3 to 5 times.
接著放鬆。重複此步驟 3- 4次。
- Be careful to stretch both sides of your body - Stay in balance.
伸展時注意身體兩側的平衡。
- Stretch within your own limits. Don't compete.
跟據自己的體能狀況進行伸展，切勿與他人比較。
- Breathe slowly and naturally. Do NOT hold your breath.
緩慢自然地呼吸。切勿屏住呼吸。
- Always stay in control. Jerky unstable movements can lead to injury. And don't let gravity be the boss.

永遠掌控您的活動。劇烈且不穩的動作會導致受傷，不要讓地心引力控制了您！！

Do not bounce when stretching. Bouncing can lead to tearing of your muscles.

切勿在伸展時，
迅速回復原先的
姿勢。



保持平衡的例子：若您行走在窄路上，每走一步路，您都會調整兩側的平衡。

Important Message: NO PAIN IS GAIN
重要訊息：吃苦不等於吃補！

- Never stretch if you have pain before you begin.
若您有疼痛的情形，切勿進行伸展。
- If a particular stretch causes pain, stop doing it.
如果一些特定的伸展會導致疼痛，務必停止伸展。

Listen to your body!

聆聽身體的訊號！



Safe and Easy Stretches and Warm-up Activities

安全簡單的伸展和熱身運動

1. Arm Reaches 手臂伸直運動



Stand up straight with your feet shoulder-width apart. 雙腳站直, 並分開與肩同寬。

Counting to 15 or 30, stretch your right arm to the ceiling while keeping your feet flat on the floor. Repeat with your left arm.

將右臂舉起, 向天花板的方向舉直10-15秒, 保持腳掌在地。

左臂重複一樣的動作。

Do this 3 to 5 times. When finished, shake out your arms.

反覆3 -5次。結束時, 搖動您的膀臂。

2. Arm Circles 手臂畫圈



Stand with knees slightly bent.

身體站定, 膝蓋微彎。

Extend your arms straight out from the shoulders with your palms down. Keep your buttocks and stomach tight.

將兩臂展開, 與肩同高, 並手掌向下。臀部與胃部緊縮用力。

Rotate your arms in circles 10 times forward and then 10 times backward. When finished, shake out your arms.

將兩臂順時針轉十圈, 接著逆時針轉十圈。結束時, 甩動兩臂。

Over time, work up to 20 circles in each direction.

隨著時間的前進, 試著將兩臂順時針與逆時針各轉20圈。

3. Waist Bends 彎腰



Stand up tall with your feet shoulder-width apart.

雙腳站直並分開與肩同寬。

Bend to the right, bringing your left arm over your head and keeping your right arm on your waist. Look straight ahead and count to 15 to 30. Slowly return to the straight-up position.

左臂向上伸展舉起，向右側彎腰，並右手叉腰。固定姿勢，數至15以上，30以下。接著，緩慢回復到原本站直的姿勢。

Repeat the exercise, bending to the left side.

重複上述動作，雙臂角色交換，向左邊彎腰。

Over time work up to 5 of these.

左彎與右彎算作一回，共五回。

4. Chest Stretch 胸部伸展



Clasp your hands together behind your back with your palms facing up.

雙手向後十指交叉扣住，並將手掌向上。

Slowly turn your elbows inward and straighten your arms.

緩慢地將手肘向內彎，並將雙臂伸直。

Pull your hands down and press your shoulder blades together. Your chest should stick out.

將緊扣伸直的雙臂向下壓，肩膀向後彎。這時，您的胸部將突出。

Hold for 15 to 30 seconds.

維持姿勢15 - 30 秒

Repeat 3 to 5 times. 重複3 -5 次

Note: Do not do this stretch if you have a shoulder injury.

注意：若您肩膀受傷，請勿作此伸展運動。

5. Triceps Stretch 三頭肌伸展



With arms overhead, hold the elbow of one arm with the hand of the other arm.

雙臂繞頭，一臂的手掌握住另一臂的手肘。

Gently pull your elbow behind your head, creating the stretch. Move slowly.

在頭部後方，將握住的手肘緩慢的向頭部拉近，使之伸展。

Hold for 15-30 seconds.

維持姿勢約15 - 30秒

Repeat with other arm.

另一側伸展，重複此動作。

6. Shoulder Stretch 肩膀伸展



Gently pull your elbow across your chest toward you opposite shoulder.

輕柔地將您一側的手肘橫跨胸部至另一側的肩膀。

Use your opposite arm as support during the stretch.

使用另一側的手臂支撐此伸展，如右圖。

Hold for 15- 30 seconds.

維持姿勢15- 30秒

Repeat with other arm.

照樣，將此動作重複於另一側手臂。

7. Sitting Toe Touch 坐姿碰腳趾

Sit on the floor with your knees slightly bent. Reach out your hands and slowly stretch them toward your toes. Keep breathing.

坐在地上，將雙腳伸直微彎。雙手緩慢地伸向腳趾的方向伸展，控制您的呼吸。

Hold for 15 to 30 seconds.

維持此姿勢15 - 30 秒

Repeat 3 to 5 times.

重複3 -5 次。



8. Back Stretch 背部伸展

Lie on your back with your knees bent and your arms flat on the floor at your sides. Keep your feet flat on the floor. Take a deep breath and relax.

平躺在地，雙膝彎起，雙手平放於兩側地板。同樣，腳掌平放於地。深呼吸並放鬆。

Grasp the **back** of one knee (**not** the top of the knee) with both hands and pull as close to your chest as possible.

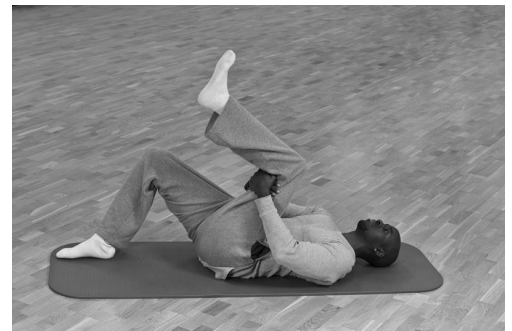
將兩隻手圍繞一側膝蓋下方撐住(而非上方)，並盡量拉往胸部的方向。

Hold 15 to 30 seconds then return to the starting position.

維持姿勢15 - 30秒，接著回復到原本的平躺姿勢。

Repeat 3 to 5 times on both legs.

每隻腿重複此動作3 -5次。



9. Quadriceps Stretch

四頭肌伸展



Lay on your left side on a comfortable surface and bend your right knee behind you grabbing your ankle.

在舒適的地面上向左邊側躺，右手握住右側腳踝，向上彎(拉)起。

Hold for 15 to 30 seconds.

維持姿勢 15- 30 秒。

Repeat 3 to 5 times on both legs.

每隻腿重複 3-5次。

10. Heel Cord (Achilles) Stretch 腳跟腱伸展



Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor.

離牆壁一個手臂的距離，膝蓋伸直，且腳掌觸地。

With your hands resting on the wall, allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.

兩側手臂伸直，手掌貼牆。接著，彎曲手肘使身體緩慢地前傾，直至前臂貼牆(如右圖)。保持雙腿與身體直立，並腳跟著地。

11. Calf Stretch 小腿伸展

Stand straight with feet shoulder-width apart.

兩腳站直，與肩同寬。

Step forward with your right foot, slightly bending your right knee. The front of your knee should be lined up with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Hold for 15 to 30 seconds.

右腳向前跨出並膝蓋微彎。前膝應與腳趾尖在同一垂直平面。左腳伸直，腳掌觸地。維持姿勢 15 - 30 秒。

Slightly bend your left knee. Hold for 15 to 30 seconds.

左膝微彎，維持姿勢15 -30 秒。

Repeat for the opposite side.

換側，重複上述動作。



Session 4

Group Lifestyle Balance

Move Those Muscles, Page 27

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Chinese Version. C.A. Chesla, School of Nursing, UCSF. January 2015



Wear a Good Pair of Shoes **穿一雙好鞋**

You don't *need* to buy new or special shoes if the shoes you have now fit well and support your feet. Here are some pointers if you are planning to buy shoes:

若您已經有一雙舒適好走的鞋，您無需購買一雙新鞋或是特殊鞋子。若您打算購買一雙鞋，以下提供您幾項建議：

Shoe stores offer many kinds of shoes for active people.

提供各樣運動鞋類的商店。

- Visit one or more store(s) you trust. Try on various styles and brands.
至1 -2家您信任的商店，嘗試不同款式與品牌的鞋子。
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.
店員通常能幫助您找到合腳的鞋子，並依照您從事的活動來挑選合適的鞋子。

Look for a good fit.

尋找合腳的鞋子

- Wear the kind of socks you'll wear when you're active. Cotton is best.
穿著適合運動/活動時的襪子，最好是棉質。
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
盡可能於活動後，再前往商店試穿。這樣就會知道您活動暖身時，腳的尺寸（腳遇熱會膨大，遇冷會縮小）。
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
合適的鞋子，應該在穿上時就感到舒適。試穿時可以走一走，鞋子應該不會變大。
- There should be one thumb's width of space between your longest toe and the end of the shoe.
腳跟到鞋子後底部，應有一個大拇指的距離。
- The heel should NOT pinch or slip around when you walk.
在行走時，您的腳跟不會感到疼痛或鬆動。
- The shoes should bend easily at the ball of your feet (just behind your toes). 鞋子於腳掌腹部（腳趾之下的區域），應具有彎曲的彈性

Get the kind of support you need.

尋找合適的鞋子

Your shoes should match the shape of your foot and the way your feet strike the ground.

您的鞋子應與您腳的形狀和腳觸地時的外形相合。

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.



前往商店時，帶著您的舊鞋，請店員尋找相似的鞋型。這樣，較容易找到合適的鞋子。例如，穿鞋時，您的腳底是否感到不穩（意即往前滑或是往外拐）？若是如此，您將需要在腳弓處(或是扁平處)增加額外的支撐。

- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.

許多鞋款是專門為了特定的活動而設計（如跑步與有氧舞蹈）。因此，記得告知售貨員您預計從事的活動，他們會根據您的活動，找到合適的鞋款，以供腳部所需的支撐。



In Case of Injury 若發生受傷事件

Call your doctor if: You suspect a serious injury. If you can't move the injured area, or if there is immediate, severe swelling, these may be signs of a broken bone. If in doubt, call your doctor.

若您懷疑有嚴重的受傷，請聯絡您的醫生。當您發現無法移動受傷的部位，或受傷部位有嚴重腫脹時，您可能骨折了，務必聯絡您的醫生作確認。

If you do get a sprain, strain, "pull" or bruise: **R.I.C.E.**

若您扭傷、拉傷、抽筋，或是有淤青，記得要“休兵安心”

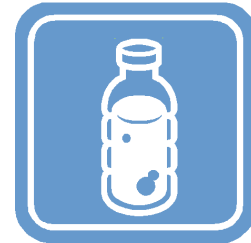
What R.I.C.E Stands For: “休兵安心”代表：	What to do: 該怎麼做？
Rest (restrict movement) 休：休息 (限制活動)	<ul style="list-style-type: none">• Stop doing the activity. 停止活動• Rest for a few days. This will stop excess bleeding 休息幾天，預防失血過量。• Sometimes splints, tapes, or bandages are necessary. 必要時，使用夾板、布條，或繃帶固定腿部。
Ice 兵：冰敷	<ul style="list-style-type: none">• Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain, bleeding and swelling. 於受傷後 24 -36 小時之內，使用冰塊或冰敷袋，冰敷受傷部位。這能幫助您減少疼痛、流血，以及腫脹。• Schedule: 10 minutes on, 10 minutes off. 程序：冰敷十分鐘，拿掉十分鐘。• <i>Always</i> wrap ice or compresses in an absorbent towel or cloth. Don't apply directly or wrapped in plastic. That can cause frostbite and more injury. 務必要用吸水的毛巾或衣物裹住冰塊或冰敷袋。不要使用塑膠袋包裹冰塊，也不要直接將冰塊或冰敷袋直接放置受傷

	部位。
<p>Compression (Pressure) 安：按壓 (施加壓力)</p>	<ul style="list-style-type: none"> • Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow (pressure) to the area. 使用彈性繃帶纏繞並施壓於受傷部位，藉此減輕腫脹與減低血流量。 • The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color. 繃帶的緊度需要能減低血液循環的流量，但並非停止血液循環。若您的手指頭與腳趾頭開始有麻木感或是顏色改變，將您的繃帶鬆開一點。
<p>Elevation 心：抬高過於心臟</p>	<ul style="list-style-type: none"> • Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing. 將受傷部位抬高過於心臟的水平面。無論是否要進行冰敷，盡可能讓受傷部位保持抬高的姿勢。 • This helps reduce internal bleeding and pooling of blood in the area that can cause pain and throbbing. 抬高的姿勢可以減緩因體內大量流血所導致的疼痛與抽痛。



Beat the Heat 對抗高溫

- CHECK THE WEATHER ADVISORY. On rare occasions, it may be too hot to exercise outdoors.
查詢氣象預報。鮮少時候，天氣會太過炎熱，以至不適合到戶外活動。
- Drink water before, during, and after being active.
運動前、運動中、運動後，都需要喝水。
- Sports drinks, like electrolyte replenishment drinks, can also replace minerals lost when sweating a lot. This is especially important in hot temperatures because of cramping.
大量流汗時，運動飲料（如：電解質補充飲料）能補充體內失去的礦物質。
- On hot, humid days, be active early or late in the day when it is the coolest.
天氣悶熱時，於早晨或傍晚最涼爽的時段運動。
- Don't overdo it. Go at your own pace.
依照自己的情況進行適當的活動，切勿運動過度。
- Wear light, loose-fitting, cotton clothes.
穿著輕便、寬鬆合身的棉質衣物。
- Wear a hat to shade your face from the sun.
戴帽子遮陽，使臉部陰涼。
- Know the signs of heat illness. Paleness, dizziness, nausea, vomiting, fainting, warm flushed skin, or not sweating in situations in which you would normally expect to sweat. These are all signs of heat illness.
熟知中暑的症狀，包括臉色蒼白、暈眩、噁心、嘔吐、昏厥、皮膚脹紅，或在不正常的情況下流汗。
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.
活動時，最好與朋友同行。或是將您平時活動的路徑與預計的來回的時間告知友人，並隨身攜帶您的ID 身分證。





Keep Warm in the Cold 天冷時，注意保暖

- CHECK THE WEATHER ADVISORY. On rare occasions, it may be too cold and/or icy to exercise outdoors.
查詢氣象預報。鮮少時候，天氣會太過寒冷，而不適合至戶外運動。
- Be active in the middle of the day, when it's the warmest.
最溫暖的活動時段是接近中午的時段。

- Drink plenty of water, even though you may not be sweating.
即使沒有流汗，也要喝大量的開水。

- Dress warmly from head to toe. 從頭到腳都要保暖。

Head: Wear a stocking cap or ear muffs.

頭部：佩戴保暖帽與防寒耳套。

Body: Dress in several thin layers.
Remove or add layers as needed.

身體：穿著多層薄衣，並視需要加上或脫掉衣服。

- Full-length long-underwear or tights on your legs.
長版四角褲或緊身褲。
- T-shirt, long-sleeved turtleneck.
T恤、高領長袖。
- Well-vented wind jacket with a zipper.
有拉鍊的透氣風衣。



Hands: Wear mittens or gloves.

手部：戴手套

Feet: Wear well-insulated socks. Wear shoes or boots that keep your feet warm and dry and give you good traction.

腿部：穿具保暖且使腳部乾燥的襪子、防滑鞋子或靴子。

- Go out against the wind and come home with the



wind.

出門時逆風而行，回家時順風而行。

- Avoid patches of ice.
避免走在大片的冰上。
- Know the signs of frostbite. Progressive numbness, tingling or a burning feeling that may fade, followed by changes in color may be signs of frostbite.
注意有無凍傷的跡象。凍傷症狀包括麻痺感、刺痛感、逐漸消失的灼熱感，伴隨著身體顏色的改變。
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.
活動時，最好與朋友同行，或是將您平時活動的路徑與預計的來回時間告知友人，並隨身攜帶您的ID身分證。



To do:
要做的事項：

I will:

我會：

- Be active for _____ minutes this week. Below are times I will plan to be active.**

本週共活動_____分鐘。以下是我運動時會遵循的準則：

- Choose activities that you LIKE to do and can do.
選擇您喜歡且有能力實行的活動。
- Warm up, cool down, and include stretches when you're active.
運動前，我會做伸展性的暖身；運動後，我會做伸展性的收操。
- Follow the guidelines for safe stretching.
依據伸展的準則，做安全的伸展。

	What I Will Do 我的活動項目	When 何時	Minutes 分鐘數
Monday星期一			
Tuesday星期二			
Wednesday星期三			
Thursday 星期四			
Friday星期五			
Saturday星期六			
Sunday星期日			
	Total Minutes of Physical Activity= 本週的身體活動量共 _____分鐘		

Keep track of my physical activity minutes, as well as weight and fat and calorie intake

持續紀錄我的活動時間、體重、及脂肪與卡路里的攝取。

- Record only the time when you're **doing** physical activity.
紀錄的時間只包括正在活動時間。
- Don't record activities that last less than 10 minutes.
不紀錄少於10分鐘的活動。
- Come as close to your fat gram and calorie goals as you can.
盡量達到或靠近您所設的脂肪目標與卡路里目標。

Increase your spontaneous/unstructured "lifestyle" activity throughout the day.

增加規劃性與非規劃性活動

What I will do: _____.

我將會做：_____

In the next session, we'll talk about the lifestyle activity you did.

下一課，我們將會討論您從事的活動。

Review my progress so far.

檢視目前的進展。

Next week, we will set some goals for improvement.

下週，我們將一起設立一些目標，改善您的現況。



Session 5: Tip the Calorie Balance

第五課：平衡卡路里的的小祕訣

The Group Lifestyle Balance Program involves 2 lifestyle changes:
在均衡生活小組的課程中，您需要改變兩個生活習慣

1. Healthy eating. This includes eating less fat and more whole grains, fruits, and vegetables.
健康飲食。這包括攝取更少的脂肪，而食用更多的全穀、水果、蔬菜
2. Being active.
增加活動量

Both relate to weight loss.
這兩個習慣均影響您的減重效果

Both are part of the "calorie balance."
同時，也是“卡路里平衡”的組成部分

Calorie balance

卡路里的平衡

- Calories are a unit of measure. Calories are used to measure the energy value of foods and beverages. When you eat food, you take in calories.
卡路里是一個測量飲食能量的單位。當您在吃東西時，您正在攝取卡路里。
- The number of calories in a food or beverage depends on the amount of protein, fat, carbohydrates (starches and sugars), and/or alcohol it contains.
卡路里的含量取決於飲食中的蛋白質、脂肪、碳水化合物(澱粉與糖)，以及/或是酒精的份量。

Calories/Gram 卡路里/克	Fat 脂肪	Carbohydrates (Starches/Sugars) 碳水化合物 (澱粉/糖)	Protein 蛋白質	Alcohol 酒精
	9	4	4	7

- Fat is the highest in calories per gram. Fat contains more than twice the calories as the same amount of protein or carbohydrate.
脂肪含有最高的卡路里。同樣的克數裡，脂肪的卡路里是蛋白質與碳水化合物的兩倍多。
- **Calories also measure the energy you use.** You use calories for just staying alive (for bodily functions like breathing) and by **being active**.
卡路里亦可測量您使用的能量。您身體會燃燒卡路里以供給生存(如呼吸)及活動的能量。

Rule of thumb:

基本原則：

1 mile of brisk walking (15-20 minutes) = About 100 calories burned

快走一英里(約15- 20 分鐘) = 約消耗100卡



Food and Activity Balance

飲食與活動的平衡

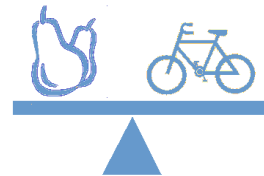
Your weight is a result of the **balance** between food (calories in) and activity (calories out). If you want to change your weight, you need to “tip the balance”. 您的體重乃是飲食(攝取卡路里)與運動(燃燒卡路里)平衡後的產物。若您想要減重，您需要“調整平衡”

The best way to “tip the balance” is to eat less and be more active. This will help you lose weight and improve your health.

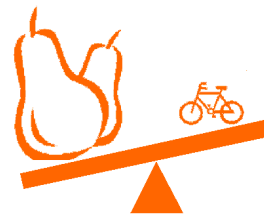
調整平衡最好的方法就是減少飲食的攝取，並增加運動量。這樣既能幫助您減重，又能促進健康。

Food Calories Activity Calories

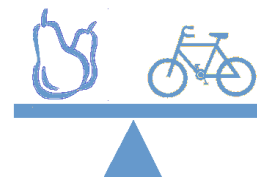
1. Your weight can stay the same.
您的體重不變



2. You can gain weight.
增重



3. You can lose weight.
減重



4. You can reach a new balance at a new weight.

達到新的體重平衡



Remember:

切記：

Food and being active work together to control your weight and to improve your health.

飲食與運動的結合能幫助您控制體重，並增進您的健康。

To lose weight, it's best to eat less *and* be more active. That way, you change both sides of the balance at once.

減少飲食與加強運動是減重最好的方法，並幫助您達到新的平衡。

By TIPPING the balance you can lose the weight you want.

藉由調整平衡，您能達到設立的體重目標。

Then, over time, you can reach a new balance at a new, lower weight. **Make the changes part of your lifestyle and you will keep the weight off.**

經過一段時間後，您將會減重，並達到新的體重平衡。將所作的改變成為您往後的生活方式，是維持體重的關鍵。

How much does it take to tip the balance?

要付出多大的努力，才能調整我的平衡？

- 1 pound of body fat stores about 3,500 calories.
體內脂肪每磅儲存了3500卡路里。
- Slow, steady weight loss (1-2 pounds/week) is the best way to lose weight.

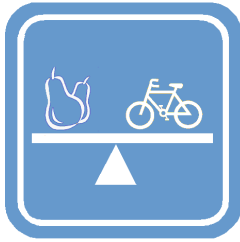
穩定、漸進式的減重(每週1-2磅)是最佳的減重途徑。

To lose: 減重量 :	Tip the balance by this number of calories: 消耗的卡路里
1 pound per week 每週1磅	3,500 per week 每週消耗3500 卡路里 (or 500 each day for 7 days) (或每天消耗500 卡路里，並連續7天)
1-1/2 pounds per week 每週 1-1/2 磅	5,250 per week 每週消耗 5250 卡路里 (or 750 each day for 7 days) (或每天消耗750卡路里，並連續7天)
2 pounds per week	7,000 per week 每週消耗 7000卡 (or 1,000 each day for 7 days) (或每天消耗1000卡路里，並連續7天)

Note: Eat at least 1200 calories per day in order to have a healthy, well-balanced diet.

注意：每天至少攝取1200卡，以達到健康均衡的飲食。

For weight loss, it's best to eat less *and* be more active.
減少飲食的攝取與增加活動量，是減重的最佳途徑。



Changes You Have Made So Far 檢視目前已做到的改變

To be more active (both to reach your goal and to be more active in general):

為了達到目標及增加活動量所作的改變：

To eat less fat and fewer calories:

為了減少脂肪與卡路里攝取所作的改變：

Have these changes *tipped the balance*?

改變之後，是否有達到新的平衡？

Your weight at the start of Group Lifestyle Balance: _____

您剛參加均衡生活小組時，最初的體重是：

Your weight now: _____

您現在的體重：

Expected weight by this time: _____

現在的目標體重：

If you have:

若您此次：

Stayed at the same weight, or gained weight.

維持在最初的體重或是增加體重

- To lose weight, try something else to tip the balance.
用其他方法調整平衡，以達到減重的目的。
- We'll work together to find what will work better for you.
我們將與您一同尋找適合您減重的方法

Lost some weight, but not as much as expected.

雖然減輕一些體重，但未達到目標。

- Good. You've made some progress.
很好！您已經進步了。
- To lose more weight, try something else to further tip the balance.
為了減去更多體重，您可以嘗試其他方法來調整平衡。

Lost as much weight as expected (or more).

達到目標體重，或是超越目標。

- Great! You've tipped the balance.
非常好！您已經成功的調整平衡。
- Keep tipping the balance, and you'll keep losing weight.
持續調整您的平衡，您將會持續減重。

NOTE: if you have stayed the same, gained or not lost as much weight as expected, talk to your Coach about using a structured meal plan.

注意：如果您的體重增加，持平，或是未達到減輕目標，請與您的教員談論結構化的飲食計劃。



To do:
要做的事項：

I will:

我將會：

Keep track of my weight, eating, and activity.

持續紀錄我的體重、飲食，與活動。

Be active for _____ .

我將藉由_____ 增加身體活動量

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

試著每日挪出一個時段，或是 2-3次較短的時段來做您喜愛的活動

	What I will do 我將會做的活動	When 何時	Minutes 分鐘數
Mon星期一			
Tues星期二			
Wed星期三			
Thurs星期四			
Fri星期五			
Sat星期六			

Sun星期日			
Total minutes for the week (60-90 minutes): 本週的身體活動量，總共是 (60 – 90分鐘) : _ _ _ 分鐘			

Make active lifestyle choices throughout the day

每日的活動項目包括: _____

To tip the balance further, I will:

為了調整平衡，我將會：

Lower my fat and calorie goals.

降低我的脂肪目標和卡路里目標。

Stay within _____ grams of fat and _____ calories.

維持 _ _ _ _ _ 克以內的脂肪，以及 _ _ _ _ _ 以內的卡路里

- Watch out for foods that are high in fat and calories.
警惕高脂肪，高卡路里的食物。
- Be sure to record *everything*.
紀錄每一個活動與飲食。
- Watch portion sizes.
注意我的飲食份量。

Follow a structured meal plan for _____ calories per day.

依照結構化的飲食計劃，每日攝取_____ 卡路里。



Session 6: Take Charge of What's Around You

單元六：善用周圍的資源

What "cues" you (or makes you want) to eat?

引起您食慾的原因有哪些？

- Hunger. 飢餓。
- What you're thinking or feeling.
當下的感覺或想法。
- What other people say and do.
有人講到食物，或正在吃東西。
- Sight and smell of food.
看到食物和聞到食物的味道。
- Certain activities that make you think about food, like watching TV or reading magazines.
從事特定活動的時候，如看電視、看雜誌。

Examples 例如:

"Cue" 引起食慾的原因：	Makes you want to eat: 想吃的食物：
You see a carton of ice cream. 您看到冰淇淋的卡通圖案	Ice cream.  冰淇淋
You turn on the TV.  您打開電視。	Potato chips. 洋芋片。
You go to the movies. 看電影。	Popcorn.  爆米花

When you respond to a food cue in the same way, over and over again, you build a habit.

當您持續實現您對飲食的慾望時，您將會養成習慣。

How can you change problem food cues and habits?

如何降低慾望，改善這些飲食習慣呢？

1. Stay away from the cue. Or keep it out of sight.

遠離這些慾望，或者將食物擺在看不見之處。

2. Build a new, healthier habit.

建立健康的新習慣。

- Practice responding to the cue in a healthier way.
練習用較健康的方式來實踐這些慾望。
- Add a new cue that helps you lead a healthier life.
增加一個能使您更健康的慾望。

Remember, it takes time to break an old habit and build a new one.

謹記，要改掉舊習慣並建立新習慣需要花時間。



Common Problem Food Cues

引起飲食慾望常見的問題

At home 在家時

Living room: TV, computer, telephone, candy dishes.

客廳：電視、電腦、電話，及糖果罐。

Kitchen: Ready-to-eat foods (ice cream, cheese, cookies),
foods being cooked, leftovers.

- 廚房： 立即可食用的食物（冰淇淋、芝士、曲奇餅）、煮熟的食物、剩菜。
- Dining room: Serving dishes on table, large dinner plates, leftovers on plates.
- 餐廳： 桌上的食物、大份量的晚餐，及剩菜。
- At work** 在工作時
- Commute: Bakery on the way to work.
- 交通時： 上班途中經過糕餅店。
- Cafeteria: High-fat/calorie foods in public areas (Pastry, high-fat coffee creamers, candy), or in desk.
- 咖啡店： 擺在櫥窗或架子上的高脂高卡食品（酥餅、高脂濃奶、糖果）

Remember 謹記:

1. Keep high-fat/calorie foods out of your house and work place.

Or keep them out of sight. Out of sight is out of mind.

在家及工作場所不擺放高支高卡的食物，或擺在看不見的地方。這樣，您就不會心繫在這些食物上。

2. Keep lower-fat/calorie choices easy to reach, in sight, and ready to eat.

Examples: Fresh fruits, raw vegetables (already washed and prepared), vegetable stuffed steamed buns, vegetables dumplings, tofu, nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-free Jell-O, sugar-free popsicles, sugar-free soy milk.

將隨時可食用的低脂低卡的食物放在容易拿取及顯眼的地方。（例如：新鮮水果、已洗過或處理過的新鮮蔬菜、素食/蔬菜蒸包、素餃子、豆腐、低脂沾醬、椒鹽脆餅、低脂爆米花，以及低卡/無糖的飲料、果凍、冰棒、無糖豆漿。）

3. Limit your eating to one place.

每次都在同一個地方吃東西。

4. When you eat, limit other activities.

吃東西時，不要同時進行其他活動。

Shopping:

購物：

Where you shop: _____

您通常在哪裡購物？ - - - - -

Tips 小祕訣

- Make a shopping list ahead of time. Stick to the list!
預先列出購物清單，購物時，只買清單上的東西！
- Don't go shopping when you're hungry.
飢餓時不要去購物。
- Avoid sections in the store that are tempting to you, if possible.
盡量不去會引起您食慾的食物部門商店裡。
- For American grocery stores, ask the grocery store manager to order low-fat/calorie foods you want.
在美式超級市場時，可向店員詢問您要購買的低脂低卡食物。
- Only use food coupons for low-fat/calorie foods, not for high-fat foods.
使用食物折價卷時，只購買低脂/低卡的食物。



Activity Cues

增加活動指引

1. Add positive activity cues to your life. 日常生活中增加活動指引

- Keep these in sight: Equipment such as shoes, bag, mat, bike, hat. Calendar or graph. Video and magazines. Photos, posters. Positive reminders.

將下列物品放置在明顯的地方：鞋子、提包、踏腳墊、腳踏車、帽子、行事曆、地圖、錄影帶、雜誌、照片、海報，及提醒您運動的單張。

- Set up a regular "activity date" with a friend or family member.

與朋友或家人建立例行的“活動日”。

- Set a timer or alarm on your watch to remind you to be active.

使用“定時器”或手錶的定時設定來提醒您運動的時間。

- Others其他: _____

2. Get rid of cues for being inactive. 去除不運動的誘惑

- **Limit TV watching.** Or be active while you watch TV.

限制看電視的時間。或者，在看電視時，要同時運動。

- Don't pile things at the bottom of the stairs. Climb the stairs each time something needs to be taken upstairs.

善用樓梯：不要將物品堆積在樓梯底層。每次爬樓梯時可以同時將一些需用品拿到樓上。



- Others 其他:

You can make food and activity cues work **for** you, not against you.
讓健康飲食及增加活動來配合你，而非針對你。



To do:
要做的事項：

I will:

我將：

Get rid of one problem food cue.

去除一項引起您食慾的問題。

What problem food cue will you get rid of?

您想去除哪一項引起您食慾的問題？ _____

What will you need to do to get rid of it?

您需要做些什麼來去除這項問題？ _____

What problems might you have? What will you do to solve them?

您可能遇到什麼問題？您會如何解決？ _____

Add one positive cue for being more active.

加入一項讓您增加活動量的指引。

What activity cue will you add? 您想加入哪一項活動指引？

What will you need to do to add it? 為了加入這項指引，您需要付出什麼

努力？ _____

What problems might you have? What will you do to solve them?

您可能遇到什麼問題？您會如何解決？

Keep track of my weight, eating, and activity. Do my best to reach my goals.

持續測量並紀錄我的體重、飲食，及活動。盡可能達到設立的目標。

Where are you at this point with your activity? If you are comfortable at your current level of activity, make it your goal to add 30 minutes this week. If you are struggling with activity keep up with what you have been able to do.

您現在活動的情形如何？若您很適應現在的活動程度，試著設定本週的活動目標為增加 30 分鐘。若您不適應現在的活動程度，盡量維持您現在的活動程度。

Be active for 您的活動項目

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

試著挪出一個較長時段，或是 2-3個較短的時段來從事您喜愛的活動。

	What I will do 我將要做的活動	When 時段	Minutes 分鐘
Mon星期一			
Tues星期二			
Wed星期三			

Thurs星期四			
Fri星期五			
Sat星期六			
Sun 星期日			
Total minutes for the week (120 minutes):			
本週活動量總共為(120分鐘) :			

Before the next meeting, answer these questions:

下週課程前，回答下列問題：

Did you follow your plan? 您有按照計劃實行嗎？ ___Yes 有
___No沒有 ___ Almost 大部份時間有

What problems did you have? 您遇到什麼問題？

What could you do differently? 您可以嘗試的解決方法？





Session 7: Problem Solving 第七課：解決問題

Many things can get in the way of being more active and eating less fat and calories. But problems can be solved.

當您在增加活動量與減少脂肪與卡路里的攝取時，會遇到許多困難。然而，這些困難都是可以解決的。

The five steps to solving a problem:

解決問題的五個步驟：

1. Describe the problem in detail. 詳細描述您遇到的問題。

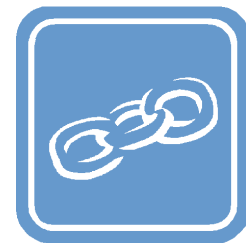
- Be specific. 要詳細。
- Look at what led up to the problem. 找出引發問題的原因。
- Find the action (or behavior) chain. 找出導致問題的行為鏈。

Try to see the links (steps) in the action chain.

在行為鏈中，找出行為之間的相互關聯

Look for: 您需要找到：

- Things that “cue” you (or make you want) to eat or be inactive.
使您想要吃東西或不運動的動機。
- People who don't support you.
不支持您的人。
- Thoughts or feelings that get in your way.
阻礙您邁向健康的想法或感覺。



Sarah's Action Chain

莎拉的行為鏈

- Didn't eat lunch.
不吃午餐。
- Boss was critical.
老板很苛刻。
- Sarah felt stressed and anxious.
莎拉倍感壓力和焦慮。
- Came home tired, upset, and hungry.
回家時感到疲累、沮喪，及飢餓。
- Went right to the kitchen.
立即前往廚房。
- Saw cookies on counter.
看到擺放在桌子上的曲奇餅。
- Ate cookies.
吃了曲奇餅。

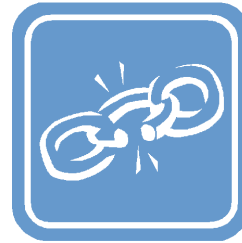
2. Brainstorm your options. 腦力激盪！找出應對方法。

Links 狀況	Some of Sarah's Options 莎拉能選擇的應對方法
Didn't eat lunch. 沒有吃午餐	<ul style="list-style-type: none"> Quit her job. (Just kidding.) 辭職 (開玩笑的...) Pack a quick bag lunch. 快速準備一個簡單的便當
Boss was critical. Sarah felt stressed and anxious. 老闆很苛刻，使莎拉倍感壓力與焦慮。	<ul style="list-style-type: none"> Talk with her boss about solving the problems at work. 與老闆談論遇到的問題，並討論解決方案。 Take a break. 休假。 Get support from a co-worker. 尋求同事的支持體諒。
Came home tired, upset, and hungry. 回家時趕到疲累、沮喪，及飢餓。	<ul style="list-style-type: none"> Go for a walk after work to unwind. 下班後，去散步放鬆一下。
Went right to the kitchen. 立即前往廚房。	<ul style="list-style-type: none"> Enter house through different door. 使用別的入口進入房子。 Plan something to do the minute she gets home (like getting out in the yard, straightening a closet or room in the house). 計劃一些可以在回家時立即執行的的活動。 (例如：前往院子放鬆、整理衣物和房間)
Saw cookies on counter. 看到放在桌子上的曲奇餅。	<ul style="list-style-type: none"> Don't buy cookies. 不要買曲奇餅。 Keep cookies out of sight. 將曲奇餅放在看不見的地方。 Keep fruit in sight. 將水果擺放在看得見的地方。

3. Pick one option to try.

在上述的方法中，選擇一個應對方式。

- Weigh the pros and cons.
權衡利弊。
- Choose one that is very likely to work and that you can do.
選擇一個您覺得最適合且最可行的方法。
- Try to break as many links as you can, as early as you can.
盡早開始應對各樣的挑戰解決問題。



4. Make a positive action plan.

建立正面的行動計劃。

Example for Sarah: 以莎拉的例子來說：

She will 她將會	<ul style="list-style-type: none">• Pack a quick bag lunch. 快速準備一個簡單的飯盒。
When? 時間?	<ul style="list-style-type: none">• Tuesday and Thursday next week. 下週的週二與週四。
She will do this first 她會先做的準備包括：	<ul style="list-style-type: none">• Shop for the foods. 購買食物。• Pack lunch the night before. 前一晚準備明日的午餐。
Roadblocks that might come up, and how she'll handle them 她可能遇到的問題與解決方法。	<ul style="list-style-type: none">• I might forget. 忘記準備。• I will find a healthy sandwich place with quick service. 去一家店，快速買一個健康的三明治。• I will order a healthy dumpling soup without noodles by phone. 打電話預定一份湯餃 (不加麵)。
She will do this to make her success more likely 為了成功實行計劃，她會：	<ul style="list-style-type: none">• Ask a friend who also brings bag lunches to work to join me for lunch on Tuesday. 邀請同事/朋友一同帶一個簡單的飯盒， 共進午餐。



5. Try it. See how it goes.

試試看，您有什麼收穫？

Did it work? If not, what went wrong? Problem solve again.
成功了嗎？如果沒有，找出問題的根源，並找出新的應對方法。

Problem solving is a process. Don't give up!

不要放棄！解決問題是必經的過程。



The Lifestyle Balance Problem Solver

健康均衡生活的難題解決者

Describe the problem in detail. Be specific.
 詳細描述您遇到的問題。

Find the action chain. 找出行為鏈 Links 行為之間的相互關聯	Brainstorm your options. 列出可能的解決方法 Options 您有哪些選擇？

Pick one option. Is it very likely to work? Can you do it?
 選擇上列的一個方法。您覺得可行性高嗎？您有辦法達成嗎？



Make a Positive Action Plan

擬定一個正面的行動計劃

I will 我會...

When? 何時? ...

I will do this first 我會先做的事項是 ...

Roadblocks that might come up
可能遇到的障礙

I will handle them by:
可能解決方法

I will do this to make my success more likely:

為了成功達到目的，我還會做： _____

How can we help you? 我們能如何幫助您？



To do:
要做的事項

I will 我會:

- Keep track of my weight, eating, and activity.**

持續紀錄我的體重、飲食，及活動。

- Do my best to reach my goals.** The goal is to be active for 150 minutes or more per week. Wherever you are at this point with your activity, if you are comfortable at that level make it your goal to add 30 minutes this week. If you are struggling with activity keep up with what you have been able to do.

盡力達到每週活動 150 分鐘以上的目標。若您很適應現在的活動程度，試著設定本週的活動目標為增加 30 分鐘。若您不適應現在的活動程度，盡量維持現在的活動程度。

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

試著挪出一個較長的時段，或是 2-3個較短的時段來做您喜愛的活動。

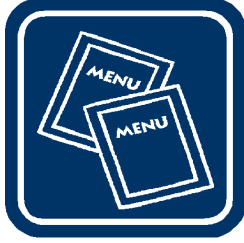
	What I will do 我將要做的活動	When 時段	Minutes 分鐘
Mon 星期一			
Tues 星期二			
Wed 星期三			
Thurs 星期四			
Fri 星期五			

Sat 星期六			
Sun 星期日			
Total minutes for the week (Goal: 150 minutes): 本週運動量總共為(150分鐘) :			

Follow my action plan. 按照計劃實行。

Did it work? If not, what went wrong? What could I do differently?

成功了嗎？如果沒有，我遇到什麼問題？我可以嘗試的解決方法？



Session 8: Four Keys to Healthy Eating Out 第八課：健康外食的四個要點

1. **Plan ahead.** 事先規劃。

- Call ahead to ask about low-fat, low-calorie choices on the menu.
出門前，先打電話向餐廳確認其菜單上有您需要的低脂、低卡食物。
- Carefully select where you will eat. Go somewhere that offers low-fat, low-calorie choices.
謹慎選擇您外食的餐廳。前往有提供低脂、低卡的健康食物的餐廳。
- Eat less fat and fewer calories during other meals that day.
外食當天，其他正餐可攝取較少的脂肪與卡路里。
- Eat a small healthy snack before you go out. Or drink a large, calorie-free or low-calorie beverage.
外出前，先吃一個健康的小吃，或喝大杯的無卡或低卡飲料。
- Plan what to order without looking at the menu.
計劃好您要點的食物，不要被菜單上的其他佳餚左右您的想法。
- Don't drink alcohol before eating.
進食前不要喝酒精類飲料。
- For parties or dinner parties: Bring a healthy, low-calorie food to share with others.
若前往派對或是晚餐聚會：帶一盤/一份健康低卡的食物與大家分享。

2. **Don't be afraid to ask for what you want. Be firm and friendly.**

不要害怕去要求所需的食物。用堅定但友善的語氣來點菜。

Ask for the foods you need:

點菜時，要求您需要的食物：

- Ask for lower-fat, lower-calorie foods.

點菜時，指定要低脂、低卡的食物。

- Can foods be cooked in a different way?
能否用不同的方式來烹調食物？
- Don't be afraid to ask for foods that aren't on the menu.
不要害怕詢問菜單上沒有的餐點。

Ask for the amounts you want:

點菜時，要求您所需要的份量：

- Portion control.
控制飲食的份量。
- Order salad dressing, gravy, sauces, or spreads "on the side."
要求將沙拉醬、沾醬，或調味料單獨擺放在一旁。
- Split a main dish or dessert with someone.
與別人享用同一份餐點或是點心。
- Before or after the meal, have the amount you don't want to eat put in a container to take home.
在享用餐點之前或之後，打包多餘的份量。





How to Ask For What You Want 點餐的方法

Ask for what you want 要求您所需的餐點

- Begin with "I", not "You." 使用“我需要...”而非“你們...”
- Use a firm and friendly tone of voice that can be heard.
用堅定友善及音量適中的語氣來點菜。
- Look at the person.
說話時，要禮貌的看著對方。
- Repeat your needs until you are heard. Keep your voice calm.
用平和的語氣，重複您的要求，直至對方表示明白您的需求。

<i>Hesitant</i> 猶豫不決	"If you don't have boiled fish, I will take whatever you have." “你如果沒有水煮魚...那我就點你們有的東西吧...”
<i>Threatening</i> 威脅的口氣	"You said you would broil my fish!" “你說過你會給我烤魚！”
<i>Firm and friendly</i> 堅定且友善的語氣	"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?" “這盤魚看起來不錯，但我點的是用烤的，而不是用炸的。可以請你幫我換成烤的，好嗎？”

3. **Take charge of what's around you.**

善用您身邊的資源。

- If appropriate, be the first to order.
若許可，當第一個點菜的人。
- Keep foods off the table that you don't want to eat.
不想吃的食物不要擺在桌上。
- Ask that your plate be removed as soon as you finish.
用餐完畢後，儘快收走盤子。

4. **Choose foods carefully. 慎選食物。**

Watch out for these high-fat, high-calorie words on menus.

當心下列在菜單上常見的高脂、高卡相關“詞句”

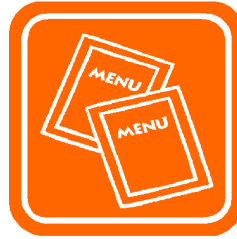
- Au gratin 法式脆烤
- Hollandaise 荷蘭調味醬
- Breaded 麵包
- Parmesan 巴馬乾酪
- Buttered or buttery 奶油
- Pastry 油酥
- Cheese sauce 芝士醬
- Rich, creamed, creamy, in cream sauce 濃、奶、奶汁醬
- Sautéed 煎炒
- Escalloped 塗上醬汁，用麵包屑烘烤
- Fried, deep fried, French fried, batter fried, pan fried 炸、油炸、法式油炸、酥炸、鍋燒
- Scalloped 塗上醬汁，用麵包屑烘烤
- Seasoned 佐味
- Southern style 南方
- Crispy 脆
- Gravy 肉汁



Look for these low-fat, low-calorie words, instead.

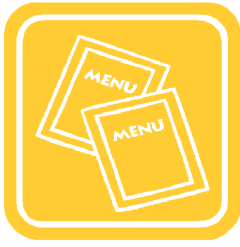
注意下列低脂、低卡的“詞句”

- Baked 烘
- Broiled 烤
- Boiled 煮
- Grilled 碳烤
- Poached 水煮
- Steamed 蒸
- Roasted 烘烤



TIPS 小祕訣:

- Watch out for sauces. 慎選醬料
- Think about what you really need to eat. 確認您真正需要的食物。
- Trim visible fat off meat. 切除肉類可見的脂肪。
- Take skin off chicken. 切掉雞皮。



What's on the Menu? 菜單上有什麼？

It is possible to make lower-fat, lower-calorie choices at all types of restaurants. Be sure to ask the waiter how the food is prepared. Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

在任何餐廳，您都可以選擇低脂、低卡的食物。當您點菜時，記得詢問食物的烹煮方式。注意：大部份的餐廳會提供手拌沙拉，選用檸檬汁、醋，或低脂沙拉醬。

GO! Lower-fat/calorie choices 綠燈！低脂低卡的食物	CAUTION! High-fat/calorie choices 注意！高脂高卡的食物
Pizza 比薩	
<ul style="list-style-type: none"> Plain cheese pizza (ask for half the cheese or low-fat cheese). 純芝士比薩(要求店員使用一半的芝士量或是低脂芝士) Onions, green peppers, mushrooms. 洋蔥、青椒、蘑菇。 	<ul style="list-style-type: none"> Meat toppings (sausage/pepperoni). 肉類佐料(義大利香腸、臘腸) Olives. 橄欖
Burger Place (fast food) 漢堡類(速食)	
<ul style="list-style-type: none"> Grilled, broiled, or roasted chicken, without sauce. 不加醬料的碳烤、水煮，或烘烤雞肉 Broiled, extra lean burger. 水煮的特瘦肉漢堡 	<ul style="list-style-type: none"> Large hamburger, cheeseburger. 大份漢堡、芝士漢堡。 French fries. 炸薯條 Fried fish or chicken. 炸魚或炸雞。 Mayonnaise-based sauces, cheese, bacon. 加入美乃滋、芝士、培根的食品
Mexican 墨西哥菜	
<ul style="list-style-type: none"> Heated (not fried) tortillas. 加熱(不是炸的)墨西哥玉米餅 Grilled chicken or beef fajitas. 烤雞或牛肉法士達 Soft tacos (corn or flour tortillas). 炸玉米卷(玉米制或麵粉制餅) Salsa. 莎莎醬 	<ul style="list-style-type: none"> Enchiladas. 墨西哥卷餅 Chili con queso. 辣味乳酪醬 Fried tortillas, tortilla chips. 炸墨西哥玉米卷、玉米片。 Sour cream, guacamole. 酸奶油、鱈梨酸辣醬 Crisp tacos. 玉米脆餅
Chinese 中國菜	
<ul style="list-style-type: none"> Stir-fried chicken (e.g., broccoli chicken). 清炒雞肉(例如：高麗菜) 	<ul style="list-style-type: none"> Egg foo yung. 芙蓉蛋 Fried chicken, beef, or fish (e.g.,

<p>雞肉)</p> <ul style="list-style-type: none"> • Stir-fried vegetables (except egg plant). 清炒蔬菜 (茄子除外) • Steamed rice. 白米飯 • Soup. 湯 • Brown rice, white rice, plain noodles. 糙米飯、白飯、原味麵條 <p>Steamed fish. 蒸魚</p> <p>Steamed or boiled vegetable dumplings 蒸的或煮的素餃子</p> <p>Steamed eggplant 蒸茄子</p>	<p>Lemon Chicken, Crispy Orange Beef, and Deep fried Chilli Beef). 炸雞、炸牛肉、炸魚 (例如：檸檬雞、香脆橙汁牛柳, 及干炒牛柳絲)。</p> <ul style="list-style-type: none"> • Breaded and sweet chicken and pork (e.g., sweet and sour chicken and pork). 炸雞丁或炸豬肉 (例如：酸甜雞或酸甜豬) • Fried rice or noodles (lo mein or chow mein). 炒飯或炒麵 (例如：撈麵、炒麵)。 • Egg rolls. 蛋捲 • Fried won ton, fried dumplings. 炸餛飩、鍋貼煎餃 • Barbecue spare ribs 蜜汁排骨 <p>Stir-fried eggplant 清炒茄子</p>
Japanese 日本菜	
<ul style="list-style-type: none"> • Teriyaki. 串烤 	<ul style="list-style-type: none"> • Tempura. 甜不辣
Italian 義大利菜	
<ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce. 無肉的番茄紅醬義大利麵 • Minestrone soup. 蔬菜湯 	<ul style="list-style-type: none"> • Lasagna, manicotti, other pasta dishes with cheese or cream. 千層面、肉醬通心粉, 及其他添加芝士或奶油的義大利麵。 • Sausage. 義式香腸 • Fried or breaded dishes (such as veal or eggplant parmesan). 油炸或用麵包屑烘烤的餐點 (例如：小牛肉或茄子乾酪)
Seafood 海鮮類	
<ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon 烘、烤, 或水煮並添加檸檬的海鮮 • Plain baked potato. 純烤馬鈴薯 	<ul style="list-style-type: none"> • Fried fish. 炸魚。 • Fried vegetables. 炸蔬菜 • French fries. 炸薯條
Steakhouses 排餐類	
<ul style="list-style-type: none"> • Shrimp cocktail. 蝦子開味品。 • Broiled chicken or fish. 水煮雞與水煮魚 • Plain baked potato. 純烤馬鈴薯 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts). 牛排 (瘦肉切片除外) • Fried fish or chicken. (炸魚或炸雞) • Onion rings, other fried vegetables. 炸洋蔥圈與其它炸蔬菜。 • French fries. 炸薯條。



Fast Food Can Be Lower in Fat and Calories 較低脂肪與卡路里的速食

The following are lower calorie fast food choices that contain from 0 to 14 grams of fat per serving. All nutrition information derived directly from restaurant websites.

下表為各大餐廳的網站所列出的低卡路食，其每份脂肪含量從 0 - 14克不等。

Food Items	Fat (g) 脂肪 (g)	Calories
ARBY'S®		
Roast Chicken Ranch Sandwich	9	340
Ham and Swiss Melt	8	300
Regular Roast Beef	13	350
Junior Roast Beef	9	300
BOSTON MARKET®		
4 ounces roasted turkey breast	2.5	150
Garlic Dill New Potatoes	3	140
Fresh Steamed Vegetables	2	60
WENDY'S®		
Mandarin Chicken® Salad w/ fat free French dressing	2	250
Grilled Chicken Go Wrap	10	250
Junior Hamburger	8	230
Small Chili	6	190
Ultimate Chicken Grill Sandwich	7	350
Plain Baked Potato	0	270
MCDONALD'S®		
Premium Grilled Chicken Caesar Salad® Low-fat Balsamic Vinaigrette dressing	6 3	220 40
Chipotle BBQ® or Honey Mustard® (grilled) snack wrap	9	260
Hamburger (single)	9	250

Food Items	Fat (g)	Calories
BURGER KING®		
Tendergrill® Chicken Sandwich	9	380
Whopper Jr.® (w/o mayo or cheese)	11	260
Tendergrill™ Garden Salad w/chicken and fat-free Ranch Dressing	9	330
SUBWAY®		
6" Veggie Delite®	2.5	230
6" Turkey Breast	3.5	280
6" Turkey and Black Forest Ham	4	290-267
6" Subway Club®	5	320
6" Oven Roasted Chicken	4.5	320

KFC®		
Grilled Chicken Breast	4	180
BBQ Baked Beans	1.5	270
Green Beans	0	25
Honey BBQ Sandwich	4	310
Roasted Chicken BLT Salad w/Lite Italian dressing	7 0	200 35
Roasted Chicken Caesar w/o croutons w/Fat-Free Ranch	6 .5	190 10

DOMINOS PIZZA®		
1/8 th of 12" Hand-Tossed Cheese Pizza	5	170



To do:
要做的事項：

I will 我會：

- Keep track of my weight, eating and activity.
持續紀錄我的體重、飲食，及運動。
- Work toward solving an **eating out problem**.
外食時遇到的問題，我會盡力解決。
- Describe a problem that I have when I eat out:
外食時，我面對的問題（詳細描述）：

- Choose one of the four keys to healthy eating out that I will use to solve my problem:
從今天所學的四個要點裡，選擇一項來解決外食遇到的問題：

- Make and follow a Positive Action Plan:
規劃與實踐一個正面的行動計劃。

I will... _____
我會...

When? _____
何時執行？

I will do this first _____
我會先做的事項是：

Roadblocks that might come up: I will handle them by:

可能會遇到的問題

我的解決方法

I will do this to make my success more likely:
為了成功達到計劃，我將會做的事情：

How can my lifestyle coach help me?
生活教員可以如何幫助我？

- Evaluate my plan. Did it work? If not, what went wrong? What could I do differently?

評估我的計劃，成功了嗎？如果沒有，遇到什麼問題？可以做什麼來解決問題？

- Review my progress so far. 重新檢查並探討我的進展。



Session 9: The Challenge of Changing your life style

第九課：改變生活方式面臨的挑戰

Progress Review

重新檢查您的進展

Changes you've made to be more active:

為了增加活動量，您目前所作的改變：



Changes you've made to eat less fat (and fewer calories): 為了減少脂肪或卡路里的攝取，您所作的改變：

Have you reached your weight goal?

您是否已達到目標體重？

Yes 是

No 否

Have you reached your activity goal?

您是否已達到目標活動量？

Yes 是

No 否

If not, what will you do to improve your progress?

上述問題中，若您的回答是否定的，您將如何改善？



The Slippery Slope of Lifestyle Change

改變生活方式的滑坡現象

“Slips” are 滑坡現象是:

- Times when you don't follow your plans for healthy eating or being active.
有時您不想按計劃維持健康飲食和增加活動量。
- A normal part of lifestyle change.
是生活方式改變過程中的正常現象。
- To be expected.
是在意料之中的。

Slips don't hurt your progress.
滑坡現象並不會阻礙您的進展

What hurts your progress is the way you react to slips.
然而，您對滑坡現象的回應，才是阻礙進展的原因。

What things cause you to slip from healthy eating?
造成您無法持續健康飲食的原因? _____

What things cause you to slip from being active?
造成您停止增加活動量的原因? _____

What causes you to slip is learned. It is a habit. The way you react to slips is also a habit.

藉著了解問題的原因來找到您過去的生活習慣及應對方式。

**You can learn a new way to react to slips
to get back on your feet again.**

您可以用新的應對方式面對挑戰，重新回到軌道上。



What to Do After a Slip 重新回到軌道的方法？

First, remember two things:

首先，記住兩件事情：

1. Slips are normal and to be expected.

偶爾的偏差是正常且是意料之中的。

99.99% of all people on their way to losing weight and being more active have slips.

99.99%的人都在減重與增加活動量的過程中，經歷過挫折。

2. No one time of eating too much or not being active, no matter how extreme, will ruin everything.

您不會因為一次的過量飲食或不運動而破壞所有的計劃。

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

這些偶爾的偏差並不是問題，真正的問題乃是您無法回到原計劃並嘗試達到目標。

So after you slip: 1. Talk back to negative thoughts with positive thoughts.

當您面對挫折時：

使用正面思考對抗負面思考。

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

負面思考是您最大的敵人，試著對自己說“我不會因面對挑戰而失敗，我一定能重新回到計劃中。”

2. Ask yourself what happened.

找出問題。

Learn from the slip. Can you avoid it in the future? Manage it better?

從挫折中學習。您在未來將如何預防或將問題處理得

更好？

3. Regain control the very next time you can.

重新掌控您的下一步。

Do not tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

別告訴自己“我今天已經失敗了。”反之，使自己在下一餐能夠恢復健康飲食，並立即回到您的活動計劃。

4. Talk to someone supportive.

找到一位能給予支持的人。

Talk with a family member or call a friend. Discuss your new strategy for handling slips. 與家人或朋友傾談及討論您處理挫折的新策略。

5. Focus on all the positive changes you've made.

留心在您目前所作的種種好的改變。

You are making life-long changes. Slips are just one part of the process.

改變生活方式是一個永久的改變，面臨挑戰與挫折只是改變過程中的一部份。



Self-defeating thoughts 戰勝負面想法

Everyone has negative thoughts at times. Negative thoughts, which include excuses and rationalizations, can lead you to overeat or be inactive. A vicious cycle of self-defeat can result.

每個人都有負面想法的時候。造成過量飲食或減少活動的負面想法包括：給自己找藉口、為自己的行為合理化。後果變成挫敗感與過量飲食的惡性循環。

Example:

例如：

Thought 想法: "I'm tired of working so hard. I'm sick of being in this program. I can never eat what I want."

“我累了，不想再努力了。受夠了這些課程！我從此都不能隨心所欲地吃東西了。”

Result: You eat potato chips.

結果 您吃了洋芋片。

Thought: "I did it again. I'll never lose weight."

想法： “我怎麼又犯了這毛病... 我永遠也無法減重成功...”

Result: You feel discouraged and eat more.

結果： 您感到挫折，並吃得更多。

Some common negative thoughts:

下列為一些常見負面想法：

Example(s)

範例

<p>Good or Bad 非好即壞</p>	<p>Divide the world into: 將事物分成兩個極端：</p> <ul style="list-style-type: none"> ● Good or bad foods; 好或不好的食物。 ● Seeing yourself as a success or failure; 視自己為成功或失敗。 ● Being on or off the program. 全力參與課程，或是完全不接觸課程。 	<p>"Look at what I did. I ate that cake. I'll never be able to succeed in this program." "看看我又做了什麼好事！我吃了蛋糕，這課程我注定要失敗。"</p>
<p>Excuses 尋找藉口</p>	<p>Blame something or someone else for our problems. We don't mean to go off the program, but we "can't help it." 將自己的問題推卸到別的事情上。或是認為自己並非不願意參與課程，而是無法控制自己的行為。</p>	<p>"I don't have the willpower." "我沒有意志力。" "I have to buy these cookies just in case company drops in." "我買這些曲奇餅是為了預防朋友來我家沒有東西吃。"</p>
<p>Should 規定自己</p>	<p>Expect perfection. A set-up for disappointment. Lead to anger and resentment. 期待做到完美會導致失望，進而感到生氣與怨恨。</p>	<p>"I should have eaten less of that dessert." "我應該少吃甜點！"</p>
<p>Not As Good As 無法和別人一樣好</p>	<p>Compare ourselves to someone else. Blame ourselves for not measuring up. 與其他人比較，覺得自己做得沒有別人好。</p>	<p>"Mary lost two pounds this week, and I only lost one." "瑪麗這禮拜已經減了 2 磅，而我只有 1 磅..."</p>
<p>Give Up 放棄</p>	<p>Defeat ourselves. Often follow the other kinds of negative thoughts. 因著負面想法的累積而想放棄。</p>	<p>"This program is too hard. I might as well forget it." "這個課程太艱難了，我還是放棄好了。"</p>



How to Talk Back to a Negative Thought

如何戰勝負面想法?

1. Catch yourself. Think, "I'm doing it to myself."
意識到您的負面想法，想著“我這樣做是為了我自己。”
2. Imagine shouting, "STOP!" to yourself. Picture a huge, red stop sign.
在腦中想像一個巨大的“停止”，對自己大聲說“停止這些想法！”
3. Talk back with a positive thought.
用正面思考來反駁負面想法。






Negative thought: 負面想法:	Talk back with a positive thought: 用正面思考來反駁負面想法。
<p>Good or Bad 非好即壞</p> <ul style="list-style-type: none"> ● "I can never eat dessert again." “我永遠不能再吃甜點了。” ● "Look at what I did. I ate that cake. I'll never succeed." “看看我又做了什麼好事！我吃了蛋糕，看來我是永遠不可能成功了！” 	<p>Work toward Balance 平衡您的想法</p>
	<ul style="list-style-type: none"> ● "I can eat that dessert and then cut back on something else." “只要我少吃其他的東西，就可以吃這份甜點。” ● "One slip-up isn't the end of the world. I can get back on track." “出了差錯沒關係，我可以重返正途。”
<p>Excuses 尋找藉口</p> <ul style="list-style-type: none"> ● "It's too cold to take a walk." “外面太冷了，我無法出去活動。” ● "I don't have the willpower." “我沒有意志力。” 	<p>It's Worth a Try 不斷嘗試</p>
	<ul style="list-style-type: none"> ● "I can try going for a walk and stop if it gets too cold." “我可以試著出去走走，要是太冷就回來。” ● "It's hard to change old habits, but I'll give it a try and see how it works." “雖然很難擺脫過去的習慣，但我想嘗試去做，看有沒有效果。”

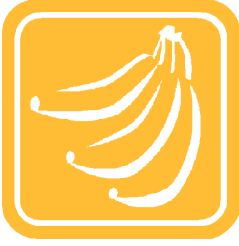
<p>Should 規定自己</p> <ul style="list-style-type: none"> • "I should have eaten less dessert." “我應該要少吃甜點。” • "I have to write down everything I eat." “我需要紀錄我吃的每一份飲食。” 	<p>It's My Choice 這是我自己的選擇</p>
	<ul style="list-style-type: none"> • "It was my choice. Next time I can decide not to eat so much." “這是我的選擇，我決定下次不要吃太多。” • "I'm writing down everything I eat because it helps me eat better." “我記錄所吃的每一樣食物。這樣做可以幫助我吃得更健康。”
<p>Not As Good As 不像其他人一樣好</p> <ul style="list-style-type: none"> • "Mary lost two pounds this week, and I only lost one." “瑪麗這禮拜已經減了 2 磅，而我只減了 1 磅...” 	<p>Everyone's Different 每個人有所不同</p>
	<ul style="list-style-type: none"> • "It's not a race. Mary and I can lose weight at different rates and both succeed." “這不是比賽。我和瑪麗可以透過不同的減重速度而成功減重。”
<p>Give Up 放棄</p> <ul style="list-style-type: none"> • "This program is too hard. I might as well forget it." “這個課程太艱難了，我還是放棄好了。” • "I'll never get it right." “我永遠無法做好。” 	<p>One Step at a Time 一步一步慢慢來</p>
	<ul style="list-style-type: none"> • "I've learned something about what's hard for me." “因著課程，我學習到自己的困難是什麼。” • "I'll try something different next time." “下次我會嘗試不同的方法去解決這些困難。”



Practice:
練習:

1. Write examples of negative or self-defeating thoughts below.
寫下幾個負面想法。
2. Say each thought out loud, then say, "Stop!"
將您的每個想法大聲念出來，然後說“停止！”
3. Talk back, again out loud, with a positive thought. Write it down.
將正面想法大聲說出來，並寫下來。

Negative Thought 負面想法	STOP! 停止符號!	Positive Thought 正面想法
		
		
		
		
		



Slips from Healthy Eating 無法持續健康飲食

Describe one thing that has caused you to slip from healthy eating:
敘述一項造成您無法持續健康飲食的原因：

Can you avoid it in the future? If so, how?

以後您有辦法避免嗎？如果可以，您要如何做？ _____

If not, make a plan for how to get back on your feet the next time you slip: 如果不能，擬定一個計劃，使您下次遇到挫折時能重新振作起來：

I will 我會 ...

When?什麼時候? ...

I will do this first 我會先做以下事項...

Roadblocks that might come up
我可能會遇到的困難：

I will handle them by:
我的解決方法：

I will do this to make my success more likely:

為了成功達到目的，我還會做下列事項： _____

How can we help you? 我們能如何協助您？



Slips from Being Active

停止增加活動量

Describe one thing that has caused you to slip from being active:
敘述一個停止增加活動量的原因:

Can you avoid it in the future? If so, how?

以後您有辦法避免嗎? 如果可以, 您要如何做? _____

If not, make a plan for how to get back on your feet the next time you slip: 如果不能, 擬定一個計劃, 使您在沒有動力時, 再次恢復活動量:

I will 我會...

When? 什麼時候? ...

I will do this first 我會先做的事項...

Roadblocks that might come up
我可能會遇到的困難

I will handle them by:
我的解決方法:

I will do this to make my success more likely:

為了成功達到目的, 我還會做的事情: _____

How can we help you? 我們能如何幫助您?



To do:
要做的事項:

I will:


我會:

- Keep track of my weight, eating and activity.

持續紀錄我的體重、飲食，與活動。

- Catch myself thinking negative or self-defeating thoughts. Write them in my Keeping Track log sheet.

留意自己的負面想法，並將之寫在記錄本上。

- Practice  -ping them and talking back with positive thoughts.

練習停止負面思想，以正面想法去回應。

- Try my two action plans for handling slips.

當我無法持續健康飲食或停止活動時，試著實行擬定的應對方法。

- Answer these questions:

回答下列問題:

Did my action plans work? 我的應對方法有效嗎? _____

If not, what went wrong? What could I do differently?

如果沒有，什麼地方出了問題？我可以用什麼方法來解決問題? _____



Mental Gremlins

內心作怪的聲音

What are your thoughts when you “slip” in your efforts to make a lifestyle change? The way you talk to yourself can make all the difference.

當您開始沒有動力去改變生活方式時，您心中在想些什麼？你的這些想法將會左右你的行動。

Do you recognize the voices of any of the “mental gremlins” below?

Example: You worked long hours this week and over-ate fast food on 3 nights.

你是否意識到下的話語？

例如：當您辛苦工作一整個星期，並有三天的晚餐吃過量的速食時，你心中就會用不同的方式來對自己說話：

Mental Gremlins 心中的負面聲音

- **The Scolder** (“You did it again! Stupid! When will you ever learn?”)
責罵聲音 (“怎麼又犯了呢！你很笨！到底什麼時候才會學會？”)
- **The Labeler** (“Face it. You’re a fast food junkie.”)
貼標籤的聲音 (承認吧！你就是一個速食垃圾桶！)
- **The Threat Maker** (“Okay. No food for you tomorrow.”)
威脅的聲音 (很好，你明天不用吃了。)
- **The Commander** (“You’ve got a meal plan to follow. So just do it!”)
命令的聲音 (“你已經有飲食計劃了，做就對了！”)
- **The Lecturer** (“You know better. This always happens. You should’ve brought something low-fat from home.”)
訓斥的聲音 (“你已經知道這些事情可能會發生了，早就應該從家裡帶一些低脂食物！”)
- **Mr. or Ms. Sarcasm** (“Brilliant! Lock you up and throw away the key, and then you might lose weight.”)
諷刺的聲音 (“你真是太聰明了！乾脆把自己鎖起來，這樣才有可能減重！”)
- **The Comparer** (“What’s the big deal? Sue can work all night and not

比較的聲音	eat a thing.”) （“這有什麼了不起的？老蘇都可以整晚工作不吃東西。”）
• The Worrier 擔憂的聲音	（“With your bad habits, you’ll never lose weight.”） （“以你這種壞習慣，你不可能減重的啦！”）
• The Quitter 放棄的聲音	（“You blew it! Might as well give up trying.”） （“你搞砸了，乾脆不要再試了。”）

Here’s how to talk back to those nasty mental gremlins.

您可以使用下列的方法來反駁您心中不好的想法。

1. First, describe what you did *right*. “On four days this week, I stayed under my fat and calorie goals.”
首先，列出您做對的事情。“我一週當中，有四天達到脂肪與卡路里目標。”
2. Give information without insult. Instead of describing what you did wrong, point out what still needs to be done. “I need to make a plan for dinner on nights when I work late.”
不要用辱罵的方式來回應您犯下的錯誤；反之，找出應對措施：“當我工作太晚時，我需要擬定一個晚餐計劃。”
3. Offer yourself a choice. “Next time I work late, I can get a turkey sandwich around the corner at the sandwich shop. Or plan what I’m going to eat at McDonald’s and use the drive-through so I’m not tempted to overdo it.”
給自己其他的選擇。“下次我工作太晚時，就到轉角的商店買一個火雞三明治，或從麥當勞的汽車專用道(drive through)來買計劃要吃的食物。這樣，我就不會進到店裡，被其他的食物誘惑。
4. Say it with a word or two. Next time you work late, think: “Eat Healthy.”
使用簡單的一句話提醒自己。下次我工作太晚時，就想著“要吃得健康！”
5. Describe what you feel, without reference to your character. “I’m disappointed and frustrated that I went back to old habits.”
將您的情緒表達出來。“當我又回到過去的壞習慣時，我感到失望與挫折。”
6. Put it in writing. Put a note on your car’s dashboard: “Eat Healthy.”
寫下提醒自己的一句話。在您的汽車儀表板上寫下“要吃得健康！”
7. Believe in yourself. Keep the faith. Say to yourself with a confident tone of voice, “I can do this.”
保持信心，相信自己。用自信的口氣告訴自己“我可以做得到。”



Practice 練習

Describe an example “slip” from your own life:

敘述一個您在生活中“跌倒”的例子：_____

What do your “mental gremlins” say?

當時，您心中的“搗蛋聲音”對您說了什麼？_____

Practice talking back: 自我回應的練習

1. Describe what you did *right*. 列出您做對的事情？

2. Give information without insult (point out what still needs to be done). 找到您解決問題的方法而不責怪自己。

3. Offer yourself a choice. 給自己其他的選擇

4. Say it with a word or two. 寫下提醒自己的一句話

5. Describe what you feel (no reference to character). 敘述您的感受

6. Put it in writing. 寫下來

7. Believe in yourself. Say to yourself in a confident tone, “I can do

this.” 保持信心，相信自己。用自信的口氣告訴自己“我可以做得到。”



Session 10: Jump Start Your Physical Activity Plan 第10課：活動計劃開始!

Stepping Up Your Activity with a Pedometer 增加活動量，從使用“計步器”開始!

What is a Pedometer?

什麼是計步器？

Pedometers are wonderful tools that measure your movement such as walking or climbing stairs (in the form of steps) throughout the day. Using a pedometer as part of your daily routine can give you a better idea of how much total movement you get in a day or week. This total movement includes both your spontaneous/unstructured activity and the planned activity we talked about in session 4.

計步器是一個計算一天活動量（如走路、爬樓梯…等）的好工具。您可以使用計步器來計算每日或每週的活動總量(包括規劃性活動與非規劃性活動)。

How Does a Pedometer Work? 計步器是如何運作的？

When worn correctly, your pedometer records a step each time your foot hits the ground. All your steps throughout the day, including activities such as vacuuming, walking around the house, or brisk walking outside, are added together to give you a total step amount for that day.

當計步器正確地穿戴在身上時，計步器會記錄您走的每一步路。當您在進行活動(如：吸地、平日走動，以及在外快走)時，計步器能合計您當天共走了多少步路。

How Do I Wear It? 我要如何穿戴計步器？

Attach the pedometer to your belt or waistband near the front of your hipbone, in line with your kneecap. Specific instructions on how to wear a pedometer are found on the next page.

將計步器繫在腰部（與膝蓋同一垂直平面，靠近髌骨處），後面會有更詳細的操作指示。

What can I do with a Pedometer? 我應該如何運用計步器？

Using your pedometer, there are several different tests that you can do to learn about your current levels of physical activity and movement. These are described below. There are also challenges provided that are designed to help you increase your current activity levels. As you know, achieving your planned activity goal each week will add to your total

number of steps.

在接下來的課程中，您可以學習使用計步器來計算各種活動量，並藉此了解您目前的活動程度。您需要完成課程中的任務來增加您的活動量。隨著活動量的增加，您走的腳步總量也會增加。



Pedometer Instructions 計步器的使用說明

Pedometers 計步器

Using a pedometer can be fun and provides useful feedback about your physical activity levels. Starting tomorrow, try wearing your pedometer.

您可以從計步器的使用找到樂趣，並獲得有用的活動量資訊。穿戴您的計步器，從明天開始！

Wear the pedometer, and record your steps every day.
使用計步器來紀錄您每天的腳步。

- Clip the pedometer to your clothes at your waist when you first get up in the morning and reset it to zero. (See picture.)

每天早上的第一件事，就是將計步器歸零並將之繫在腰部（如圖示）。



- Make sure it is securely attached and worn firmly against your body so that it does not jiggle.

確認計步器安全並牢牢地繫在腰上，且沒有搖晃現象。

- Do not let it flop around in a pocket or on your purse.

不要將計步器放在口袋裡或提包裡搖晃。

- **Make sure to keep it upright.**

確認計步器是直立的。



- Make sure that you **do not let the pedometer get wet.** Don't wear it in the rain or while bathing or swimming.
不要將計步器弄濕。下雨天、洗澡，或游泳時要將計步器拿下。
- Take the pedometer off at night before you go to sleep.
睡覺前，將計步器拿下。
- Write down the number of steps you took that day in your Keeping Track book.
將每天的計步量寫在記錄本上。

Important 重要事項:

1. Be sure to reset the pedometer to zero every morning.
務必在每天早上將計步器歸零。
2. Don't open the case. If you think the batteries may need to be changed, return the pedometer to your lifestyle coach.
不要拆解計步器。若您認為計步器需要更換電池，請將它拿給您的教員。
3. Don't get the pedometer wet. Don't swim or shower with it on. Keep it under your coat if you are walking in the rain or snow.
不要弄濕計步器。游泳與洗澡時將之拿下；若遇到下雨天或下雪天，將之覆蓋在您的外套之下。
4. Don't forget to write down your total step number in your Keeping Track book at the end of each day.
不要忘記在每天結束前，將活動量寫在記錄本上。



Get to Know Your Pedometer and Activity Levels

了解您的計步器與活動程度

100 Step Test to check the Accuracy of the Pedometer

進行“100步測驗”來檢查計步器的準確性

Use this test to see if you're wearing the pedometer correctly:
這項測驗可以檢查您是否正確穿戴計步器：

1. Clip the pedometer at your waist. 將計步器繫在您的腰部。
2. Reset it to zero and close the cover. 將計步器歸零，並將外殼蓋上。
3. Walk 100 steps. 走一百步。
4. Open the pedometer and check how many steps were recorded. 打開計步器並檢查計步器紀錄多少步。

100 steps = Perfect
100 步 = 完美

95 or 105 steps = Good ($\pm 5\%$ error)
95 步或105步 = 良好 ($\pm 5\%$ 的錯誤)

90 or 110 steps = Acceptable ($\pm 10\%$ error)
90 或110步 = 尚可 ($\pm 10\%$ 的錯誤)

85 or 115 steps = Unacceptable ($\pm 15\%$ error)
85 步 或 115 步 = 不良 ($\pm 15\%$ 的錯誤)

If you find that your pedometer is giving you unacceptable readings, move the pedometer to a different spot along your waistband or even to the small of your back. Make sure that it's attached firmly against your torso and does not flop around. You should wear your pedometer in the spot that gives you the most reliable results. As you lose, or if you gain large amounts of weight, you may need to do the 100-Step Test again to make sure that you're still getting accurate results.

若您發現計步器的狀態為“不良”，將您的計步器沿著腰繫向背部移動。記得要將計步器牢牢地靠著身體，不要搖晃。應將計步器繫在能使之顯示最準確的位置。當您的體重減輕或增加時，您需要再做一次“100步測驗”來確立其準確性，並重新調整佩戴的

位置。

How many steps do you average in a week?

您平均一週內走多少步？

Wear your pedometer and log the number of steps taken for seven consecutive days in the 7-day physical activity log below.

連續七天，將您每天走的步數(活動量)記錄在下列空格中。

~ 7-Day Physical Activity Log~ 七天的活動表格

	Day 1 第1天	Day 2 第2天	Day 3 第3天	Day 4 第4天	Day 5 第5天	Day 6 第6天	Day 7 第7天
步數							

Average Daily Steps 每日的平均步數

Add your step counts for the 7 days and divide by 7 to get your average

合計七天的腳步，並除以7，得到您每天平均走的腳步量。



Steps 步數=_____

Measure a Mile 計算距離

- Wearing your pedometer, go to a track or find a level surface (a sidewalk or street) where you can walk one mile.
繫上您的計步器，走一英里的路(人行道或街道)。
- Reset your pedometer to zero, walk the mile, and record the number of steps it took. This number can be used in the future to estimate distance based upon the number of steps you walked in that mile.
行走前，記得先將計步器歸零，以便在走完一英里後，查看您實際走了幾步。

Keep in mind that it takes on average about 2000 steps to walk a mile, but this will vary from person to person. For example, a taller person will take fewer steps than a shorter person when walking one mile because of his/her longer stride-length.

一般來說，2000步左右即可完成1英里的路途；然而，這仍然因人而異。比方說，高個子的人的一步距離會比一般人長，所以他們走完1英里路的腳步會比一般人少。

It takes me _____ steps to walk one mile.
我總共走了_____步來完成1英里的路途。

Step Credit for Activities That Are Not Recorded By the Pedometer

當從事的活動無法使用計步器時，我該如何計算？

There are some types of physical activity that aren't recorded by the pedometer or situations where the pedometer cannot be worn since the activity happens in water. The two most common examples are biking and water activities like swimming and rowing. However, you can crudely estimate a "step" credit for these activities to add to your daily pedometer count.

有些活動是無法使用計步器來計算，比如說游泳、騎腳踏車、划船……等等。然而，您仍然可以估計其大約的“步數”。

Follow the instructions below to determine your step credit:

根據下列原則來估算活動量：

1. Determine how many steps you take to walk one mile (shown above).
[FYI: At a normal walking pace (3 miles/hour), it takes about 20 minutes to walk a mile].
首先，根據您之前所做的測試，了解您共需有走幾步可完成1英里的距離(補充資訊：一般來說，正常的行走速率為3英里/小時；因此，1英里的路大約需要20分鐘完成)。

2. Take your number of steps from #1 and divide it by two. This will give you the number of steps you took in 10 minutes. (Don't worry if you took a little more or less than 20 minutes to walk the mile. Remember, this is an estimate).

接著，將1 英里所走的步數除以2，即可算出每10分鐘所走的步數(這只是一個大概的估計。您不必擔心在20分鐘內是否走得到1英里或是超過1英里)。

3. When you bike or perform water activities, for every continuous 10 minutes of that activity, credit yourself the number of steps you calculated in #2.

當您在從事騎單車或是水上活動時，將每10分鐘換算成您在“步驟2”中所走的步數。

Step Credit Example

換算範例

It takes May **2,000** steps to walk one mile
2,000 divided by 2 = **1,000**

1,000 is then the number of steps that May can record for every **10 minutes** of “non-pedometer” activities like biking, swimming.

阿梅共走2000步以走完1英里
2,000 步 除以 2 = 1,000 步

因此，阿梅可以記錄她的“非計步器”活動（如騎單車、游泳……等等），每活動10分鐘約等於走1,000步數

Weekend vs. Weekday 週末 vs.平日

Some people tend to be more active during the week while others are typically more active on the weekends. What is your pattern?

有些人傾向在平日增加活動量，有些人則傾向在週末。您的傾向是什麼？

- Wear your pedometer and record the number of steps on your pedometer each day throughout the work week (Mon-Fri).
繫上您的計步器並紀錄平日每一天的步數(星期一至星期五)。
- At the end of the work week, add up the number of steps taken during those 5 days and divide by 5. This is your weekday average.
在最後一天，合計您所有的步數後，除以5，算出平日每天的平均步數。
- Similarly, add your Saturday and Sunday totals and divide by two for your weekend average.
同樣地，合計星期六與星期日的步數並除以2，算出週末每天的平均步數。
- Are you more active during the work week or on the weekend? Did your

answer surprise you?

現在，您知道您傾向在何時活動了嗎？是否感到驚訝呢？

I am more active on the weekend_____ during the work week_____.

將符合您的情況打勾：

我傾向在週末活動_____

我傾向在平日活動_____

Develop an Active Head 建立一個積極活動的心態

- Wearing your pedometer, pick two days during the week that are likely to be similar from a physical activity/movement point of view.

繫上您的計步器，挑選兩個平常有類似活動的日子。

- On the first day, your **Normal Day**, go about your day as normally as possible.

將第一個挑選的日子設定成“正常日”。在這天，盡量做您平時的例行事務。

- On the next day, your **Lifestyle Day**, try to incorporate as many short bursts of physical activity as possible without making any major changes to your day. Turn any spare second that you can into an “active second”. Taking the stairs instead of using the elevator or walking across the hall to talk to your colleague instead of using the email or phone are two examples of ways to add these short bursts of activity into your day.

Think of other ways that might work for you.

在第二個挑選的日子，設定成“活動日”。在這天，繼續做您的例行事務，並盡可能在一些可利用的時間裡“活動每一秒”。比如說，您可以用爬樓梯代替搭電梯，或走路到同事的辦公室溝通事情來代替寫e-mail或打電話。您也可以想其他方法來活動您的每一秒。

Day 1: Normal Day
第一天:正常日

Total # of steps=

_____步
總共走了_____步

Day 2: Lifestyle Day
第二天:活動日

Total # of steps=

_____步
總共走了_____步

Compare the number of step taken on these two days. Do they differ? What short bursts of lifestyle activity were you able to incorporate in the **Lifestyle Day**? Could you continue to do them?

比較正常日與活動日的活動程度，是否有所不同？您在活動日裡利用了哪些時間、做

了哪些事情？您是否可以在接下來的日子裡維持下去？



Mixing it Up 不同的活動組合

To prevent boredom, there are many ways to mix up your activity

為了避免對活動有厭倦感，以下為幾種活動組合：

Ways to Mix It Up: 活動組合的原則	Examples: 例子：
Add Variety 增加變化性: <ul style="list-style-type: none">• Do something new 嘗試新的活動• Do the same activity in a new place or at a new time 從事例行的活動，但是換一個地點或時間• Be active as a way to be social/Be active with someone new 將活動變成一個交友的媒介	
Make Being Active Fun 將活動變得更加有趣 <ul style="list-style-type: none">• Dance 跳舞• Listen to music or books on tape while being active 可以在活動時播放收音機、聽音樂• Look for active events such as a walking tour or group bike ride 尋找可以運動的娛樂項目，比如說健走旅遊、團體單車活動	

Challenge yourself 挑戰自我

Try adding more steps to your day
嘗試增加每天的步數(活動量)。

- Train for an event such as a walk-a-thon or challenging hike
- 為了參加步行馬拉松或登山而在平日裡訓練自己。

The F.I.T.T. Principle

“十·分·強·健”的原則



Physical activity is a complex behavior that is made up of several factors. It is not just about what type of activity you do, but how long you do it each time, how often you do it in a week or month, and how hard you perform the activity.

身體活動的程度並非只根據從事的活動類型來界定，它同時也根據您每次活動的時間長度、每週或每月從事活動的頻率，以及您活動的強度來決定。

An easy way to remember this is the acronym, **F.I.T.T.**, which stands for **F**requency of activity, **I**ntensity of activity, **T**ype of activity and **T**ime of activity. We have already discussed frequency, type of activity and time/duration of your activity program. Intensity is the final part of this puzzle.

您可以記下“十·分·強·健”的縮寫來背下影響活動程度的因素。“十·分·強·健”代表：十 = 活動“時”間；分 = 活動“分”類；強 = 活動“強”度；健 = 每次活動的“間”隔(頻率)。在過去的課程中，我們已經討論了活動時間、活動分類，以及活動間隔。接下來，我們要討論最後的一個項目 - 活動強度。

	What to Do: 該怎麼做：
Time “十”時間 How long are you active? 您活動的時間有多長？	<ul style="list-style-type: none">• Stay active for at least 10 minutes at a time. 每次活動的時間長度，最少持續10分鐘。• Increase slowly. 慢慢地增加活動時間。
Type of Activity “分”分類 Aerobic activity is the foundation of this program	<ul style="list-style-type: none">• Heart fitness activities—those that challenge your heart. 心肺運動 - 訓練您的心臟強度。

<p>有氧運動是最佳的活動類型。</p>	<ul style="list-style-type: none"> • Use larger muscles such as your legs. 使用大塊肌肉(如腿部)的活動。 <p>Example: Brisk walking, swimming, line dancing, social dancing, ballroom dancing. 範例：快走、游泳、排舞、社交舞、國際標準舞。</p>
<p>Intensity “強” 強度</p> <p>How hard are you working while being active: how fast your heart beats?</p> <p>活動強度：您的心跳有多快？</p> <p><i>Intensity of your physical activity is the topic for the rest of this session.</i></p> <p>接下來的課程，我們會專注討論活動強度。</p>	<ul style="list-style-type: none"> • Stay within your target heart rate (Your target heart rate is _____ to _____ beats per minute). 維持在您所設定的目標心跳速率（您的目標心跳速率為_____至_____下/分鐘） • Breathe fast enough that you can talk, but not sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down. 您呼吸的速度須維持在可以說話，但無法唱歌的程度。若您發現呼吸過快而無法說話，您需要減弱的活動的強度。 • As you do regular activity over time, your heart won't beat as fast for the same effort. You'll need to do more challenging activity to reach your target heart rate. 當您持續活動一段時間後，在做同一項運動時，心跳速率將不如從前快速(不如過去費力)。這時，您要挑戰更強的活動強度，以增加您的心跳速率。 • Slowly increase the intensity of your workout 慢慢地增加活動強度。
<p>Frequency “健” 間隔</p> <p>How often are you active?</p> <p>您有多常活動？</p>	<p>Try to be active on most days of the week (at least 3 days per week is recommended, 5 to 7 days are even better).</p> <p>試著活動每一天(建議至少每週活動3天，更理想的情況是5-7天)</p>

Determining Your Activity Intensity Level

決定您的活動強度

So far, you have focused on the “time” part of your aerobic activity program. Your goal was to gradually achieve a foundation of aerobic activity of at least 150 minutes spread out over the week. But how about intensity, how hard are you working?

目前，您在課程中已學習到活動時間的部分，您的活動時間將慢慢地增加到每週150分鐘。現在，我們要討論您的活動強度。究竟，您的活動強度有多強呢？

Physical Activity Intensity

身體活動的強度

Physical activity intensity is the level of effort you exert during a workout or activity. It’s how hard you are performing that activity. Increasing the intensity of your physical activity will help you to improve how well your heart works.

身體活動的強度代表著您所用力發揮程度。增加活動強度，會增強心臟功能。

Your heart is a muscle, too. If you exercise your heart (make it beat faster), it will become stronger over time. This is just like the muscles in your arm becoming stronger if you lift weights every day.

您的心臟是由肌肉組成(心肌)。若運動您的心臟(心臟速率增快)，您的心臟會越來越強壯。好比您若每天練習舉重，您會有更強健的肌肉。

As your heart becomes stronger, you’ll notice that it’s easier for you to do things like walking up stairs and carrying groceries. This is because, as your heart becomes stronger over time, your aerobic fitness will improve. “Aerobic fitness” refers to how well your heart can pump oxygen through your blood to your muscles, like those in your arms and legs.

當您有一顆更強壯的心臟時，您會發現一些日常活動（如爬樓梯、提菜籃）會比過去更加輕鬆。這是因為當您的心臟日益強壯時，您的有氧適能也日益提升。“有氧適能”指的是心臟將血氧運送至身體各個部位（如手臂與腿部）的程度。



There are two ways that you can measure your physical activity intensity, one is **heart rate** and the other is **rate of perceived exertion**. Since breathing rates and amount of sweat are highly individual during exercise, heart rate tends to be a more reliable indicator of **physical activity intensity**

要測量身體活動的強度有兩種方法：一種是測量心跳的速率，另一種是使用“活動強度自我評估表”。然而，運動時的呼吸速率與流汗情形乃因人而異。因此，使用心跳速率來估算活動強度是較可靠的測量方法。

Let's talk in more detail about intensity of activity and specifically how to estimate your physical activity intensity by either taking heart rate or by your rate of perceived exertion.

接下來，我們將談論關於評估活動強度的方法與細節，包括心跳速率的計算與“活動強度自我評估表”的使用。

Please keep in mind that you should check with your Primary Care Provider if you plan to make major increases in the intensity of your activity.

若您要增加身體活動的強度，請務必與您的醫師討論其可行性並獲得准許。



Estimating the Intensity of Your Workout by Taking Your Heart Rate 用心跳速率來評估您的活動強度

First, you will calculate your **target heart rate**. This is the range that you will aim to achieve during your physical activity workout.

首先，您需要設定您的目標心跳速率。您所設定的目標，就是您接下來活動需努力到達的心跳速率。

To figure your target heart rate:

找出您的目標心跳速率：

Subtract your age from 220. 220減去您的年齡	1. $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$
Multiply the result by 0.5. This is the low end of the target . 將步驟1的結果乘以0.5。算出來的結果就是您的 最低目標心跳速率 。	2. $\underline{\hspace{2cm}} \times 0.5 = \underline{\hspace{2cm}}$
Multiply the result by 0.7. This is the high end of the target . 將步驟1的結果乘以0.7。算出來的結果就是您的 最高目標心跳速率 。	3. $\underline{\hspace{2cm}} \times 0.7 = \underline{\hspace{2cm}}$

Your target heart rate is $\underline{\hspace{2cm}}$ to $\underline{\hspace{2cm}}$ beats per minute.
您的目標心跳速率範圍：每分鐘 $\underline{\hspace{2cm}}$ 至 $\underline{\hspace{2cm}}$ 下心跳。

Divide these numbers by 4 to get your target heart rate in beats per 15 seconds.

將這些數字除以4，就能得知每15秒，您的心跳會跳幾下。

Your target heart rate is $\underline{\hspace{2cm}}$ to $\underline{\hspace{2cm}}$ beats per 15 seconds.
您的目標心跳速率範圍：每15秒 $\underline{\hspace{2cm}}$ 至 $\underline{\hspace{2cm}}$ 下心跳

To measure your exercise heart rate, you will need a clock, watch, or stopwatch with a second hand.

為了測量您的心跳速率，您需要準備一個鐘、錶，或是由別人在旁邊幫您計時。

- Take your pulse while you are in the middle of your activity, long after your warm up. Be sure to keep moving, rocking side-to-side.
暖身後，開始活動一段時間。活動到一半時，測量自己的脈搏。測量脈搏時，請記得繼續活動您的身體。
- Use your index and middle fingers. Don't use your thumb, which has a pulse of its own.
測量脈搏時，使用您的食指與中指，不要使用大拇指。
- Place them on your wrist, just above the base of the thumb.
將手指平放在手腕處，放在大拇指基底部的正下方。
- Or place the tips of the fingers on your neck, just on either side of the Adam's apple. (This is a less desirable option) Don't press too hard on the neck or you may feel dizzy or light headed.
或者，將您的指腹放在喉部的左側或右側(較不建議使用)。記得，不要施壓過度，不然您可能會感到頭昏。
- Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.
手指放置在正確位置後，數15秒。接著，將這15秒得到的脈搏次數乘以4，這便是您每分鐘的心跳速度了(心跳速率)。
- Your exercise heart rate is: _____ . Is it within your target heart rate range?
您運動時的心跳速率為：_____。這個速率有達到您設定的目標範圍內嗎？



How Hard are You Working? Estimating Rate of Perceived Exertion 您的活動強度有多少？ 使用“活動強度自我評估表”來找出答案

Rate of Perceived Exertion (RPE) 活動強度自我評估表

The rate of perceived exertion (RPE) scale is a tool that allows you to measure how hard you feel you are working while performing physical activities. RPE is on a scale of 6 to 20 with a 6 suggesting that the activity was very easy and a 20 being the hardest you've ever worked before. A rating between 12 and 16 (which is estimated to represent about 60 to 80 percent of your maximum heart rate) is considered a good training range for making your heart stronger. Most people have a good sense of how hard they are working when they're being active. Listen to your body.

活動強度自我評估表是一個測量工具，它能幫助您了解在進行活動時，所感受的活動強度。此評估表的最低分數為6，代表最弱的活動強度；最高分數為20，代表最強的活動強度。分數在12到16之間的活動強度(您活動的時間總長度中，應有60% - 80%的時間，其心跳速率在這段範圍內)是強化心臟的最佳狀態。大多數的人對自己的活動強度有足夠的了解。現在，開始聆聽您身體發出的訊號吧！

Rate yourself on the following scale while you are being active.
當您在活動時，在下表中勾選符合您的活動程度。

How Hard are You Working?

您在活動時，有多費力？

6		12		16		20
Very,	Very	Fairly	Somewhat	Hard?	Very	Very,
Very	Light?	Light?	Hard?		Hard?	Very
Light? 極弱	非常弱	弱	稍強	強	非常強	Hard? 極強
Examples 範例:						
<p>"I'm not working hard at all. I can talk and even sing easily."</p> <p>“我活動起來一點也不費力，可以輕鬆的與人交談，甚至可以唱歌！”</p>	<p>"I'm working and breathing harder than usual. I can still talk easily"</p> <p>“我的活動與呼吸都比平常費力和快速，但仍然能輕鬆地與人交談。”</p>	<p>"I'm working and breathing somewhat hard. I can talk fairly easily."</p> <p>“我的活動與呼吸較為費力與快速，但我仍然能與人交談。”</p>	<p>"I'm working hard and breathing deeply. I can still talk."</p> <p>“我的活動與呼吸都很費力，但我能與人交談。”</p>	<p>"I'm working very hard. I can't catch my breath or talk."</p> <p>“我很吃力地在活動，已經無法跟上我的呼吸，也無法說話！”</p>		
Stay in this Range 維持在此範圍內						

Adding Steps to Your Day 平日裡，您也能增加活動量

There are many simple ways you can add steps throughout your day. Below are some fun facts and tips that will enable you to add steps to your day without going out of your way.

平日裡，有許多方法能增加活動量。下面列出許多有趣的活動小祕訣，使您不需要特別計劃外出，就能在平日的生活裡增加活動量。

At Home 在家時

♥Make an after-dinner walk a family tradition.

培養晚餐後全家一起散步的習慣。

♥Walk your dog.

遛狗。

♥Try to take half of your goal steps by noon.

在中午前，完成當日一半的活動目標。

♥Get up and move around once every 30 minutes

每30分鐘起來動一動。

♥If you make a call, walk while you talk.

打電話時，找個地方一邊散步，一邊講電話。

♥Reward your family for meeting step goals with fun activities.

當要獎勵小孩或舉辦慶祝活動時，找一個能活動身體的旅遊。

♥Take a walk while your kids are playing sports.

當小孩在運動時，您在旁邊散步。

♥Walk to your neighbor or friend's house instead of calling.

走路去拜訪鄰居或住在附近的朋友時，而非用打電話聯絡。

♥Start a walking club with your neighbors or friends.

找鄰居或住在附近的親朋好友一起去散步。

♥Turn off the television and do an active family activity.

親友聚集時，計劃一個能活動身體的活動，而非坐在一起看電視。

♥Take a walk and pick up litter in your neighborhood or in a park.

在家裡附近或公園散步時，撿起亂放的廢棄物，並丟至垃圾桶。

♥Plan active weekends (longer walks, scenic hikes, playing in the park).

計劃能活動身體的週末（長路途的散步、觀看優美風景的登山、在公園裡玩耍）

♥For every one hour of television programming there are 17 minutes of commercials, walk around your house during the television commercials.

1小時的電視節目裡，平均有17分鐘的廣告時間。利用這些時間，在家裡各處走一圈。

♥Plan walks into your day, for example, with a friend at the beginning of the day, and with your family at the end of the day.

每天都安排散步的時間。比方說，在一天的開始時，與朋友一同散步；或在一天的結束時，與家人一同散步。

On the Town 外出時

♥Park farther away in store parking lots.

在外購物時，把車停在離商店較遠的地方。

♥Walk your grocery cart back to the store.

去超市買菜並至車上卸貨後，將購物車推回超市裡。

♥Avoid elevators and escalators – try the stairs instead.

避免搭乘電梯或手扶梯；試著爬樓梯。

♥Walk, don't drive, for trips less than one mile

當目的地在1英里的範圍內時，走路前往目的地，而不要開車。

♥Plan active vacations.

計劃可活動身體的旅行。

♥ Take several trips to unload groceries from your car.

將買菜的東西或購物商品從車上拿回家時，多走幾趟路把物品搬回家。

♥Walk at the airport while waiting for your plane, and avoid the people movers.

在機場等候登機時，在機場內走一走，不要搭乘大眾運輸工具。

♥Avoid the drive-through at the bank. Instead, walk inside.

進去銀行辦事，不要使用汽車專用道。反之，走進銀行裡面辦事情。

At Work 工作時

♥Get off the bus earlier and walk farther to work.

搭公車時，提早下車，多走一段路至工作地點。

♥Take a longer route to your meeting.

前往會議室時，選擇較遠的路徑。

♥Take several 10-minute walks during the day.

♥Walk during your lunch break.

利用中午休息時間來散步。

一天當中，增加“10分鐘散步”的次數。

♥Host “walking” meetings.

舉辦一個“散步會議”，討論工作事務。

♥Start a break-time walking club with your coworkers.

鼓勵同事在休息時間，和您一起散步。

♥Walk a few laps on your floor during breaks, or go outside and walk around the block.

休息時間時，在公司裡走一圈，或到附近的街道散步。

♥Get up and move at least once every 30 minutes.

每30分鐘起來動一動身體。

♥Choose the farthest entrance to your building, then walk the long way to your office.

進辦公大樓時，選擇離您辦公室最遠的入口，使您可以多走一段路。

♥Take 5 minute walking breaks from your computer.

使用電腦時，定時休息5分鐘，起來走一走。

♥Take the stairs rather than the elevator or the escalator.

爬樓梯，而不要搭電梯或手扶梯。

♥Walk to a colleague’s office rather than calling or sending an email.

走到同事的辦公室，而非用電話或電子郵件聯繫。

♥Park farther away in the morning or when you go to lunch.

當您早上前往工作或要外出用餐時，將車子停在離公司或目的地較遠的地方。

♥Walk to a restroom, water fountain, or copy machine on a different floor.

走到別的樓層上洗手間、拿飲用水，以及使用影印機。



To Do: 要做的事情：

I will:

我會

- Keep track** of my weight, eating and activity.

持續記錄我的體重、飲食，和活動量。

- Complete the 100-Step Test

完成“100步測驗”

- Wear my **pedometer**, and calculate my average steps per day.

What are your average step counts **per day** _____?

How many steps does it take you to walk a mile _____?

使用計步器，計算每一天的腳步量。

我每天平均走_____步。

我要走_____步才能走完1英里。

- Take my **heart rate** (pulse) every time I'm active.

Adjust how hard I'm working while I'm active so that I stay within my target heart rate range of:

between _____ and _____ beats per minute

(between _____ and _____ beats per 15 seconds)

每天測量活動時的心跳速率（脈搏）

調整活動的強度，將目標心跳速率的範圍維持在：

每分鐘跳動_____與_____下之間

(每15秒跳動_____與_____下之間)

OR 或者

- Estimate** how hard I am working at this level using RPE.

使用活動強度自我評估表來測量活動強度

- Try a lifestyle activity challenge.

接受生活的挑戰，改變我的生活方式。



Session 11: Make Social Cues Work *for You* 第十一課：讓社交活動有益身心健康

Social cues 社交訊息：

What other people say or do that affects your eating and activity.
他人釋放的訊息，有哪些會影響您的飲食與活動？

Problem Social Cues: 困擾您的社交訊息：	Examples: 範例：
The sight of other people eating problem foods or being inactive. 看見其他人吃不健康的食物或不運動。	
Being offered (or pressured to eat) problem foods or invited to do something inactive. 別人熱情地給您不健康的食物，或邀請您前去一個缺乏體力活動的聚會。	
Being with peers who are rarely active 與缺乏運動的朋友在一起。	
Being nagged 一直被他人嘮叨、抱怨。	
Hearing complaints 聽到抱怨的話語。	

Helpful Social Cues: 幫助您的社交訊息：	Examples: 範例：
The sight of other people eating healthy foods or being active 看見他人健康的飲食與運動。	
Being offered healthy foods or invited to do something active 別人給您健康的食物，或邀請您參加活動。	
Being encouraged and supported 被他人鼓勵與支持。	
Hearing compliments 聽到讚美的話語。	

When you respond to a social cue in the same way, you build a habit.

The other person has *also* learned a habit. This makes social cues even harder to change than other cues.

您回應社交訊息的方式，會讓您建立固定的回應方式與習慣。當然，別人也有他們的習慣，這使得您難以去改變身邊的社交訊息。



To Change Problem Social Cues: 改變那些困擾您的社交訊息：

1. Stay away from the cue, if you can.

盡可能遠離那些困擾您的訊息。

- Example: Move to a different room.
例如：去到別的房间。

2. Change the cue, if you can.

盡可能改變那些困擾您的訊息。

- Discuss the problem with the other person.
與別人討論這些訊息有什麼問題。
- Brainstorm options.
一同想解決方法。
- Tell the other person about this program and your efforts to lose weight and be more active.
告訴別人您正參加這個課程，並正在努力減重和增加活動量。

Ask others to: 請別人：

- Ask people to encourage and support you.
鼓勵您、支持您。
- Be gentle with your slips.
當您遇到挫折時，給予支持。

This is KEY to your success.

這是您成功的關鍵！

3. Practice responding in a more healthy way.

練習有禮貌的回應訊息。

- Say “No, thank you” to food offers.
面對他人熱情地給您食物時，回答“不用了，謝謝”。
- Show others you know they mean well.
表達您了解他們的好意。
- Suggest something they can do to help you.
當他們希望幫助您時，給予他們建議。

Example: “That’s sounds good, but how about we try this healthy dish?”

例如: “聽起來很棒！但要不要試試看這份健康的餐點？”

Remember, it takes time to change habits.

記得，改變您的生活習慣，並非一夕之間便能達成。



To Add Helpful Social Cues:

增加有益的社交訊息：

- Spend time with people who are active and make healthy food choices.
多與喜愛健康飲食與有運動習慣的朋友相處。
 - Put yourself in places where people are active.
前往人們經常在活動運動的地方。
 - Set up a regular “date” with others to be active.
與別人一起規劃例行的活動“約會”。
 - Ask your friends to call you to remind you to be active or to set up dates to be active.
請周邊的朋友提醒您要多活動，或和朋友約定共同活動的時間。
 - Bring a low-fat/calorie food to share when you go to a dinner party.
當您前往晚宴聚餐時，和大家分享一些低脂低卡的小吃/食物。
 - When it’s appropriate, offer to order healthy options when eating out at a restaurant.
外食時，在適當的情況下，向朋友建議點健康的食物。
 - Be social by doing something active. Take a walk and talk.
活動時若要兼顧與人的互動，您可以一邊談話一邊散步。
 - Others:
其他
-
-
-



Who Could Provide Support for You?

誰能支持您呢？

For healthy eating 在健康飲食的事情上，能給予支持與幫助的人：

For being more active 在增加活動量的事情上，能給予支持與幫助的人：

What could they do to help you? Here are some ideas.
他們能做什麼來幫助您呢？下列項目可供您參考：

Ways to help me eat healthy: 幫助我達到健康飲食的方法	Ways to help me be more active 幫助我增加活動量的方法
<input type="checkbox"/> Serve low-fat/calorie foods for meals 提供低脂/低卡的餐點。	<input type="checkbox"/> Go for a walk with me. Or do other physical activities with me. 與我一同散步或活動。
<input type="checkbox"/> Eat low-fat/calorie foods when I'm nearby 當我在身邊時，食用低脂低卡的食物。	<input type="checkbox"/> Plan social events around being active 規劃增加身體活動量的社交活動。
<input type="checkbox"/> Don't tempt me with problem foods as a reward or gift. 送我禮物或給與獎勵時，不要提供不健康的食物。	<input type="checkbox"/> Compromise when my being active conflicts with your schedule. 當彼此計劃不一樣時，願意配合我的活動計劃。
<input type="checkbox"/> Clear the table and put food away as soon as the meal is over. 用餐結束時，立即將餐桌上的食物移走。	<input type="checkbox"/> Praise me when I do my scheduled activity. Don't remind me when I don't. 當我按照計劃活動時，給予我支持與鼓勵。不要在我忘記活動時，落井下石。
<input type="checkbox"/> Help with cooking, shopping, or cleaning up after meals 幫我做菜、買菜，或在用餐完畢後幫忙清理桌面。	<input type="checkbox"/> Baby-sit for me so I can take a walk. 當我要去散步時，幫我照顧家中的年長或小孩。
<input type="checkbox"/> Don't offer me second helpings 不要給我第二份食物。	<input type="checkbox"/> Set up a regular date with me to be active. 參與我的例行運動。

<input type="checkbox"/> Encourage me to cook new foods. 鼓勵我烹調新的菜式。	<input type="checkbox"/> Encourage me to go out for a walk when I'm debating whether or not to go. 當我猶豫是否要走一走時，鼓勵我前去散步。
<input type="checkbox"/> Encourage and support my efforts to eat healthier (new) foods 支持與鼓勵我嘗試更健康的新食物。	<input type="checkbox"/> Try to achieve and maintain the program goals with me. 試著和我一起達到並維持課程裡設定的目標。
<input type="checkbox"/> Other 其他:	<input type="checkbox"/> Other 其他:



Social Cues are Powerful at Social Events

社交場合裡聽到的社交訊息，具有顯著的效果

Social events 社交場合:

- Upset our routine. 常常會打亂我們的例行生活。
- Challenge us with unique food and social cues. 聚會場合具有獨特的美食和社交訊息，會挑戰您的健康生活。
- May involve habits that have developed over many years and so can be very powerful.

常年固定的社交聚會往往有既定聚會方式(包括固定的飲食項目、歡聚方式……等)，這些“社交習慣”具強大的影響力。

To handle social events problem solve. Brainstorm your options.
對於這些“社交習慣”，讓我們一起來腦力激盪有哪些應對方法。

Options: 應對方式	Examples: 例如:
Plan Ahead. 事先規劃	<ul style="list-style-type: none"> • Eat something before an event. 社交聚會前，先吃些東西。 • Plan your meal in advance. 預先規劃好您將食用的食物。 • Budget your fat grams ahead of time. Plan to eat the best (in small portions) and leave the rest. 分配好要攝取的脂肪克數，享用最精緻的飲食(小份量)。 • Bring a tasty, low-fat dish to share. 攜帶好吃的低脂菜餚與大家分享。
Stay Away from Problem Cues. 遠離那些困擾您的社交訊號	<ul style="list-style-type: none"> • Stand as far away as you can from the table with the food. Keep your hands busy with a glass of water, coffee, tea, or diet soda. 手裡永遠拿著一杯水、咖啡、茶，或是低卡汽水，遠離桌上陳列的佳餚。 • Watch the alcohol. It lowers your willpower and increases appetite. 小心酒精類飲品! 它會使您失去控制，並增進您的食慾。 • Clear the table as soon as possible. Put the food away.

	<p>用餐完畢後，儘快收拾餐桌，將食物收起來。</p>
<p>Change Problem Cues. 改變問題訊息</p>	<ul style="list-style-type: none"> ● Discuss your goals with your family, friends, guests, host or hostess. 與您的家人、朋友、客人、請客的主人，及賓客一同討論您現在的健康目標。 ● Ask others to praise your efforts and ignore your slips. 表示自己希望大家能夠鼓勵與支持您的努力。當您無法維持健康的生活方式時，大家能夠包容。
<p>Respond to Problem Cues in a More Healthy Way. 適當地回應困擾您的訊息，同時達到健康的目標。</p>	<ul style="list-style-type: none"> ● Practice a polite, but firm, "No, thank you." 練習有禮貌並堅定地回答“不用了，謝謝您。” ● Suggest something else they can do to help you. "No thanks, but I'd love a glass of ice water/ a cup of hot water." 建議別人能幫助您的方式。例如： “不用了，謝謝。但是可以給我一杯冰水/熱水嗎？”
<p>Add Helpful Cues. 增加飲食健康的訊息</p>	<ul style="list-style-type: none"> ● Serve healthy foods or bring some to share. 製作健康的佳餚請朋友吃，或是將之帶到聚會場合分享給大家。 ● Use low-fat products to lower the fat in favorite recipes. 使用低脂的材料製作菜餚。 ● Try some new, low-fat recipes. 嘗試新的低脂食譜。 ● Ask a friend or family member for support (split-dessert with you, take a walk together, offer you healthy food choices). 請家人或好友給与支持，例如：與您分享一份點心、一起去散步、提供健康的飲食選擇。） ● Plan things to do that are active and don't involve food. 規劃可活動身體的活動，避免美食的邀約。



Describe a Social Cue That's a Problem for You

描述一個困擾您的社交訊號

Pick one idea from this session for changing that social cue. Choose one that is likely to work and that you can do.

從上一頁的表格中，選擇一項您能做到的應對方法來改變困擾您的社交訊號。

Make a positive action plan.

積極的行動計劃

I will 我會：

When 什麼時候？

I will do this first 我首先要做的事情：

Roadblocks that might come up
我可能會面臨的困難：

I will handle them by:
我的解決方法：

I will do this to make my success more likely:

為了成功達到目的，我還會做 _____

How can we help you?

我們能如何幫助您？



Positive Social Cues You'd Like to Add to Your Life

增加一個能幫助您的社交訊號

Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do.

從上一頁的表格中，增加一項您能發出的正面社交訊息。

Make a positive action plan.

正面的行動計劃。

I will 我會：

When? 什麼時候？

I will do this first:

我第一步要做的事情_____

Roadblocks that might come up:

我可能會遇到的困難：

I will handle them by:

我的解決方法：

I will do this to make my success more likely:

為了成功達到目的，我還會做：

How can we help you?

我們能如何幫助您？



To Do:
要做的事項:

I will 我會:

Keep track of my weight, eating, and activity.

持續記錄我的體重、飲食，以及身體活動。

Add at least 250 steps per day. 每天比上週增加 **250** 步路以上。

_____ plus 250 = _____
加上 250 = _____

Average steps per
day last week
上週的平均腳步量

Goal for next week for
average steps per day
下週要達到的平均腳步量

Continue to record activity minutes.

持續紀錄活動的時間長度 (分鐘計算)。

Try my two action plans for making social cues work for me.

實踐我以上的兩個行動計劃，使我能適當的回應或製造社交訊號



Answer these questions:

回答下列問題:

Did my action plans work? 我的行動計劃有效果嗎?

If not, what went wrong? 如果沒有，是哪裡出了問題?

What could I do differently next time? 我下次可以嘗試怎麼做?

□ **Review my progress so far.** 檢視目前的進展。

In the next session, we'll talk about your progress and set some goals for improvement.

在接下來的課程中，我們會討論您目前的進展，並設立改善的目標。



Getting Ready for the Holidays 事先規劃您的假期

Planning ahead is the key to staying active and eating healthy during the holidays.

休假期間也有健康飲食與活動的關鍵，就是“事先計劃”。

1. Take time to think about potential problems in advance.
花點時間，想想您可能在假期中遇到的問題。
2. Write down the problem. List some possible solutions.
寫下您會遇到的問題與困難，並列出可能的解決方案。
3. Choose the best strategy. Write it down.
寫下最佳的解決方案。
4. Plan to reward yourself. Write down what you will do to earn the reward. Write down what the reward will be.
獎勵自己！寫下一個獎品，作為您在假期時努力面對各樣挑戰的犒賞。詳細描述獎品內容以及您將要努力達成的項目。

Ten Ways to Get Ready for the Holidays

10 個預先規劃假期的方法

1. Plan pleasures other than food or drink.
計畫除飲食之外的娛樂活動。
2. Talk with your family before the holidays.
假期前，先與家人討論假期的行程。
 - a. Suggest low-fat and low-calories food for the family to eat in the house.
在家時，建議家人一同食用低脂和低卡的食物。
 - b. Ask if your family members can support you.
尋求家人的支持。
 - c. What healthy food additions can be made?

還有哪些健康食物的選擇？

3. When you decide to eat a special high-fat/calorie food, choose quality, not quantity.
當您決定要吃高脂/高卡的食物時，記得要選取食物的品質而非份量。
4. Be prepared to select the food that is appropriate for you when attending an event.
預先想好在餐會場合時準備要攝取的合適飲食項目。
5. Eat something before you go to a party.
前往派對前，先吃一點東西。
6. Decide what you want to do about alcohol. Alcohol increases appetite. It also lowers self-control. If you drink, are you aware of the calories involved?
考量酒精類飲品對您的影響。酒精能增加您的食慾並降低您的自我控制力。若您喝酒精性飲品，您有辦法注意總共攝取多少卡路里嗎？
7. Beware of fatigue, rushing, and tension. Look for early warning signals. Plan nonfood ways to cope, including exercise. Also, make plans to simplify.
注意並提早發覺疲勞、匆忙，與感到壓力的情形。不靠飲食去解決問題。計劃適當簡單的應對方式，包括運動。
8. Prepare for old friends or relatives you see only at holidays.
只在假期裡探訪老朋友和親戚。
9. Plan for other pleasures *after* the holidays.
假期之後，準備其他的娛樂活動。
10. Focus on your friendship (family) and social gathering instead of the food itself.
注重於朋友家人的團聚，而非食物。





Staying Active on Holidays 在假期中也要持續運動

For most of us, staying active on holidays isn't easy. Holidays upset our routine. They also challenge us with unique social cues. What's more, holidays may involve inactive habits that have developed over many years.

對大多數的人而言，要在假期中也能維持運動的習慣並非易事。因為假期打斷人們的常例作息。除了特有的社交訊息會使人不運動外，大多數的人習慣不在這段期間運動。

The key to staying active on holidays is planning.

在假期中，要維持活動習慣的關鍵就是事先規劃。

Take a minute to think ahead about your next holiday.

花點時間想一想，該如何規劃您的下一個假期。

- Where will you be?
您會在這裡度假？
- What might the weather be like?
那邊的天氣如何？
- What days and times of the day will you have available for exercise?
在假期裡，您哪幾天，什麼時候可以運動？
- Are there nearby places to exercise?
附近有哪些地方可供您運動？
- Who will you be with? Are they supportive of your being active?
您會和誰在一起？這些人會支持您運動嗎？
- What kind of "thoughts about holiday" thoughts might get in the way of staying active (e.g., I'm off from work now)?
您有什麼樣的"假日想法"會阻攔您維持運動？(例如："我今天放假一天!")
- If you are traveling, what gear or clothing will you need to pack?
如果您預計要出外旅行，您會準備什麼衣服和物品？

- How can you make staying active extra fun and festive?
您要如何使您的活動計劃變的更加有趣和歡樂?

I will 我會:

When 什麼時候?

I will do this first 我第一件要做的事情是:

Roadblocks that might come up:
我可能會遇到的困難:

I will handle them by:
我的解決方法:

I will do this to make my success more likely:

為了成功達到目的，我還會做的事情是: _____



Lifestyle Balance on Vacation

擁有均衡生活的假期

Ways to Handle Vacations 管理假期的方法

1. Plan pleasures other than food or drink.

計劃沒有食物或飲料的娛樂活動。

- Plan a fun and “active” vacation with your family.
與家人計劃一個好玩且可活動的假期。
- Think about what you like to do for physical activity. Can you make that a part of your vacation?
想一想，您喜歡什麼樣的活動類型？您可以將這些活動融入在您的假期裡嗎？

2. Talk with your family.

與家人討論假期的內容。

- What did we like or dislike about our last vacation? What will we do this time? How will we handle food and eating out?
上次假期中，有哪些活動是大家喜歡的？哪些是不喜歡的？我們這次要怎麼計劃？我們要如何張羅食物與外食？
- Can we find a fun way to all be physically active this vacation?
我們能否在這次的假期中，一起有好玩的運動/活動？
- Plan healthy food and dinning options together.
一同計劃健康的飲食。

3. Have reasonable expectations for your vacation.

對您的假期有合理的期待。

- Keep track of your eating and activity.
持續記錄您的飲食與活動。
- Weigh yourself often. But remember, scales differ. Plan to *maintain* your weight.
雖然磅秤有差別，但需要經常量體重。切記，要維持您現在的體重。



- Let go a little. Eat something special. (Choose the best. Have a small portion.) Get extra activity.
偶爾放鬆一下，吃一份特別的美食（享用最好的部分，但份量要小），並增加當日的活動量。

4. **If you tend to be tense on vacation:**

如果您經常在假期中感到緊繃：

- Avoid long periods when you're doing what others want and not what you want.
避免長時間做一些別人喜歡，但自己不喜歡的事。。
- Plan daily times to relax.
計劃每天都有一段時間放鬆自己。
- Plan regular breaks while driving.
若長時間在開車，計劃休息的時段。

5. **Decide what you want to do about alcohol.**

斟酌您的酒精類飲品

- Alcohol may lower self-control. If you drink, be aware of the calories.
酒精類飲品會降低您的自制力。若您要飲用，注意您攝取的卡路里含量。



6. **Balance rest with activity.**

休息與活動的時間需要有一個平衡。

- Look for ways to be active that you enjoy.
找到讓您愉悅身心的活動方式。

7. **Prepare for friends or relatives you haven't seen in a while.**

在假期裡拜訪您的親朋好友。

8. **Plan for pleasures *after* your vacation.**

假期之後，準備一些娛樂活動。



Lifestyle Balance on Vacation: Problem Solving

擁有均衡生活的假期：解決問題

Healthy eating and being active are possible on vacation.

The key is to plan ahead:

在假期中，您也能有健康飲食與活動，關鍵在於“預先計劃”

1. What problems might come up?

您可能會遇到的問題與挑戰？

2. Choose one problem. List some possible solutions.

選擇一個您可能會遇到的問題，並列出其可能的解決方法。

3. Choose the best solution. What will you need to do to make that happen? How will you handle things that might get in the way?

選擇最佳的解決方法。為了解決您的問題，您需要做哪些努力？努力的過程中，您可能遇到哪些阻礙？您要怎麼解決？

4. Plan to reward yourself. What will the reward be? What will you need to do to earn that reward?

獎勵自己。您的獎勵是什麼？為了得到獎勵，您需要付出什麼努力？





Staying Active on Vacation 在假期裡，維持您的活動量

Vacation means freedom from the demands of work and home life. So it's easier to be active, right? Not always. The change of routine and surroundings can bring new challenges.

一段假期意味著您能脫離例行的工作或家庭生活，獲得自由。所以，您將更容易增加活動量了，對吧？其實不然。改變例行生活方式，往往會出現新的挑戰。

For most people, the key to staying active on vacation is **planning**.

對大多數的人而言，要維持活動習慣的關鍵就是事先規劃。

Take a minute to think ahead about your next vacation.

花一點時間想一想，該如何規劃您的下一段假期。

- Where will you be?
您會在哪裡？
- What might the weather be like?
那邊的天氣如何？
- What days and times of the day will you have available for exercise?
在假期裡，您哪幾天，什麼時候可以運動？
- Are there nearby places to exercise?
您附近有地方可以讓您運動嗎？
- Who will you be with? Are they supportive of your being active?
您會和誰在一起？這些人會支持您運動嗎？
- What kind of thoughts that you have on vacation might get in the way of staying active (e.g., I'm off now)?
您有什麼樣的“對假日的想法”會阻攔您維持運動？(例如：“我今天放假一天!”)
- If you are traveling, what gear or clothing will you need to pack?
如果您預計要出外旅行，您會攜帶準備什麼衣服和物品？
- How can you make staying active extra fun?
您要如何使您的活動計劃變的更加有趣和歡樂？

I will 我會:

When 什麼時候?

I will do this first 我會先做的第一件事情:

Roadblocks that might come up
我可能會遇到的困難:

I will handle them by:
我的解決方法:

I will do this to make my success more likely:

為了成功達到目的，我還會做的事情: _____



Session 12: Ways to Stay Motivated 第12課：保持意志力的方法

Progress Review 檢視進展

Changes you've made to be more active:

為了增加身體活動量，您所做的改變有：

Changes you've made to eat less fat (and fewer calories):

為了減少脂肪與卡路里的攝取，您所做的改變有：



Have you reached your weight goal? Yes No

您有達到目標體重嗎？ 有 沒有

Have you reached your activity goal? Yes No

您有達到您的目標活動量嗎？ 有 沒有

If not, what will you do to improve your progress?

如果沒有，您要如何改善？



Ways to Stay Motivated: 保持意志力的方法：

1. Stay aware of the benefits you've achieved and hope to achieve.

記得您努力所獲得好處。

What did you hope to achieve when you started the Group Lifestyle Balance™ Program? Have you reached these goals?

在剛開始參加均衡生活課程時，您希望達成什麼目的？這些目的實現了嗎？

What would you like to achieve in the next three months?

在接下來的幾個月，您想要達成的目標？

2. Recognize your successes. 了解您的成功

What changes in your eating and activity do you feel proudest of?

您對哪一項飲食與活動的改變，感到最得意？



3. Keep visible signs of your progress. 持續留意進展。

- Post weight and activity graphs on your refrigerator door.
將您的體重與活動進展曲線圖貼在冰箱門上。
- Mark your activity milestones on a map toward a particular goal.
製作一份身體活動目標曲線圖，將您每一次所增加的活動目標，標記在上面。
- Measure yourself (waist, belt size) once a month.
每個月量一次腰圍。

4. Keep track of your weight, eating and activity. 持續記錄您的體重、飲食，與身體的活動。

- Record your activity daily. 記錄每天的活動。
- Record what you eat 記錄您的飲食：

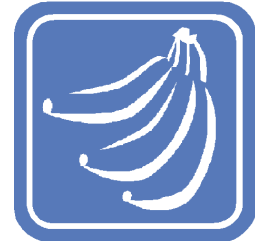
- Record your weight on 記錄您的體重：

5. Consider whether you need to add variety to your routine. 考慮否要在您的例行活動裡增加不同種類的活動。

Is it time for you to vary your activity?
現在是一個增加其他活動的時機嗎？

Are you feeling bored with your meals, snacks, or specific foods?

您是否對您現今的飲食、小吃，或是特定餐點感到了無新意？



Can you think of some ways to vary this part of your eating?

您有想到增加飲食樂趣的方法嗎？

6. Manage Stress 情緒管理

Stress is tension or pressure. 當您感到緊張與壓迫時,表示您正處於壓力之下。

Many people react to stress by overeating or being inactive.

許多人使用過量的飲食或不去活動來面對壓力。

What kinds of things make you feel stressed?

當您遇到什麼事情, 會感到壓力?

What is it like for you when you get stressed?

當您感到壓力時, 您會有什麼反應(情緒、行為……等等)?

Use all the skills you have learned in the program to prevent or manage stress

使用您在課程裡所學的各樣技巧來預防或處理壓力。

- Practice saying, "No. Thank you."** 練習說“不用了, 謝謝。”
 - Try to say "Yes" only when it is important to **you**.
在對自己重要的事情上, 練習說“是(好、對)。”
- Share some of your work with others.** 與他人一同分擔工作。
- Set goals you can reach.** 設定您能力可及的目標。
- Take charge of your time.** 做好時間管理。
 - Make schedules with the real world in mind. 使規劃的行程具可行性。
 - Get organized. 有系統的管理時間。
- Use problem solving:**
解決問題的方法:
 - Describe the problem in detail. 詳細描述問題的細節。
 - Brainstorm your options. 腦力激盪一下, 列出幾項解決的方法。
 - Pick one option to try. 選擇一個解決方法。

- Make an action plan. 擬定行動計劃。
- Try it. See how it goes. 嘗試實踐，並觀察果效如何。

Plan ahead. 預先計劃。

- Think about the kind of situations that are stressful for you.
事先模擬使您感到壓力的情況。
- Plan for how to handle them or work around them.
預先想好要如何處理這些情況。

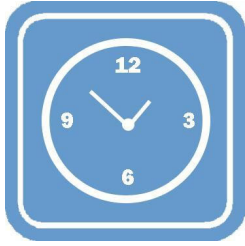
Keep things in perspective. Remember your purpose.

切記您的目標，做正確的選擇。

- Think of all of the good in your life. 珍惜生命裡的美好事物。
- Remember why you joined the program. 記得您來參加課程時的目的。

Reach out to people. 向朋友談論您的情形。

Be physically active. 保持身體的活動。



When You Can't Avoid Stress: 當您無法避免壓力時：

Catch yourself feeling stressed as early as you can.
儘早發現壓力的情緒。

Take a 10-minute "time out." 給自己10分鐘的“放空時間”。

- Move those muscles. 活動一下筋骨。
- Pamper yourself. Just take 10 minutes for YOURSELF.
縱容自己擁有屬於自己的十分鐘。
- Breathe. 深呼吸。

Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

深呼吸，慢慢吸氣，數到5，接著慢慢將氣吐出。完全放鬆您的臉部、四肢，以及身體的每一寸肌肉。

The Group Lifestyle Balance Program may cause stress:
均衡生活小組課程也可能是您壓力的來源：

Possible Source of Stress 潛在的壓力來源：	Way(s) to manage stress 處理壓力的方法	Examples 例子
Extra time spent in food preparation, shopping. 在預備食物、買菜上面花了過多的時間	<ul style="list-style-type: none"> ● Share some of your work. 將買菜備料的工作與他人分擔。 ● Take charge of your time 做好時間管理。 	<ul style="list-style-type: none"> ● Ask a spouse to help shop. 請配偶幫忙購物。 ● Make double recipes. Freeze part for later. 做雙份的菜餚，並將一份放在冷凍庫中，位下一餐做準備。
Feel deprived when you can't eat favorite foods 感到被剝奪享用喜愛食物的權利。	<ul style="list-style-type: none"> ● Set goals you can reach. 設立能力可及的目標。 ● Keep things in perspective. 做適當的選擇。 	<ul style="list-style-type: none"> ● Allow yourself to have favorite foods in small amounts now and then. 允許自己隨時有喜愛的飲食（小份量）。 ● Remind yourself how important preventing diabetes is to you. 提醒自己預防糖尿病的重要性

		◦
<p>Your family doesn't like low-fat foods. 您的家人不喜歡低脂食物。</p>	<ul style="list-style-type: none"> ● Reach out to people. 尋找朋友的幫助。 ● Use the steps for solving problems. 使用問題解決的步驟。 	<ul style="list-style-type: none"> ● Ask your family to support your efforts to try new foods. 請您的家人支持並鼓勵您在飲食上所作的努力。 ● Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one. 與您的家人討論您的感受，且尊重您要減重的選擇。
<p>You feel uncomfortable participating in social activities where high-fat foods are available. 對於備有高脂高卡的食物聚會感到不自在。</p>	<ul style="list-style-type: none"> ● Practice saying "No. Thank you." 練習說“不用了，謝謝。” ● Reach out to people. 尋求他人的協助。 ● Plan ahead. 事先計劃。 	<ul style="list-style-type: none"> ● Turn down invitations that aren't important to you. 不參加不重要的聚會。 ● Before you go to the party, plan what foods you will choose. 前往聚餐之前，先想好自己打算吃的食物。
<p>You feel stressed by trying to fit activity into an already busy schedule. 您對不斷嘗試將活動的計劃排入忙碌的例日行程，感到壓力。</p>	<ul style="list-style-type: none"> ● Plan ahead 事先計劃 ● Problem Solve 解決問題 	<ul style="list-style-type: none"> ● Make an appointment to be active. 預定一段時間活動。 ● Combine activity with other events you plan to do anyhow (Take a walking meeting. Go hiking with the family.) 試著將活動融入在您的日常生活，例如：試著舉辦“走路”會議，或利用與家人聚集的時間，一同去爬山。

7. Set new goals for yourself. 設立新的目標

Develop ways to reward yourself when you meet each goal.

當您達到目標時，設計幾個獎勵自己的方法。

Goals目標: Specific, short-term, just enough of a challenge.

簡單、明確，足以挑戰的目標。

Rewards 獎勵: Something you will do or buy **if and only if** you reach your goal. 您只有在達到目標時，才會得到獎勵。

What are some non-food ways you can reward yourself for reaching a goal?

除了美食以外，您可以想到哪些獎勵自己的方式？

8. Create some friendly competition. 創造良性競爭。

Set up the kind of competition in which you both win.
建立一個良性競爭，使彼此都為雙贏的局面。

9. Use others to help you stay motivated.

藉由他人的鼓勵，保持活動的動力。

Talk with a supportive family member or friend for encouragement.
與家人或朋友交談，獲得鼓勵與支持。





Stay Motivated 保持意志力

Choose one way to stay motivated that would be helpful to you now.
就您目前的狀況，選擇一個對您有幫助、使您保持意志力的方法。

Make a positive action plan. 正面的行動計劃

I will 我會: _____

When? 什麼時候?

I will do this first: 我會先做的事項:

Roadblocks that might come up
我可能會遇到的困難障礙:

I will handle them by:
我的解決方法:

I will do this to make my success more likely:

為了成功地達到目的，我可能還會做的事情包括: _____

How can we help you? 我們能如何幫助您?



How Do Successful Weight Losers Do It? 成功減重者是如何辦到的？

There's an old saying, "A path is made by walking on it."
一句俚語說“凡走過，必留下痕跡”

Researchers have studied people who've lost weight and kept it off. What path did these successful weight losers "make by walking on it"? What steps did they take? What turns in the road did they navigate? Studies suggest the following:

許多學者曾經研究過這些成功減重並維持體重的人。研究問題包括：這些人走過的路途是什麼？他們經歷過哪些階段？做過哪些選擇，哪些決定？研究顯示如下：

Successful weight losers move from: 成功減重者曾經歷：	Toward: 他們所做的改變：
Trying to fool themselves 嘗試欺騙自己	<input type="checkbox"/> Being honest with themselves 對自己誠實
Looking for a "magic" cure 尋找“神奇”的改變方法	<input type="checkbox"/> -Recognizing that behavior change takes hard work and persistence. 發現需要靠努力與毅力，才能改變行為
Looking for a "cookbook" approach that applies to everyone. 尋找一本讓任何人都能接受的“食譜”。	<input type="checkbox"/> Fitting the tried-and-true ways of losing weight into their own lifestyle. 經由不斷的嘗試後，找到最合適自己的減重方法。
Looking for someone else to fix their weight problem or take the blame for it 希望藉由別人的建議，來面對在減重上的問題。或者，將自己減重問題的責任，推卸給別人。	<input type="checkbox"/> Taking "lonely responsibility" for doing what needs to be done or for not doing it. 在做任何的決定，都意識到是“自我的責任”
Thinking of weight loss as an end in itself. 認為達到減重後，就不需要在付出任何努力。	<input type="checkbox"/> Thinking of weight loss as a part of an overall process of learning about themselves and their priorities. 認為減重，乃是學習設立先後順序的其中一個階段。

Being afraid to fail and/or punishing when they do fail. 害怕因為自己的失敗而受到懲罰。	<input type="checkbox"/> Being willing to make mistakes, learning from them and trying again. 接受自己也會犯下錯誤，並從錯誤中學習。再次勇敢嘗試。
Wanting to do it perfectly right away. 想要立刻做到完美	<input type="checkbox"/> Being willing to settle for “small wins” and build on the positive, one step at a time. 願意接受”小成功”及建立正向的態度，一步一步慢慢來。
Seeking approval or forgiveness from others. 尋找他人的認同或原諒。	<input type="checkbox"/> “Owning” their own successes and mistakes. “擁有”自己的成功或失敗。
Relying on willpower, control, or discipline. 倚靠自己的意志力、控制力，或是紀律。	<input type="checkbox"/> Making choices one at a time, being flexible, and trusting themselves. 一次處理一件事情，有彈性地對每件事來做選擇。相信自己能夠做到。
Blaming themselves or seeing the needs of others as more important than their own. 責怪自己，或是視別人的需要比自己更加重要。	<input type="checkbox"/> Maintaining a healthy self-interest. 對健康的事物保持興趣。

Think about yourself. What path have you been on?
想一想，您走過哪些經歷？

What steps can you take now on your own path toward weight loss?

現在，您可以用哪些方法使自己邁向成功地減重？

What's Your Pleasure? 您喜愛的事物？

It takes time and effort to build new eating and exercise habits. One way to keep going is to be sure there's enough pleasure in your life. 建立新的飲食與運動習慣，需要長時間的努力。要能夠不間斷的持續下去的一個要訣是：在生活裡有足夠的滿足與快樂。

List three things you enjoy doing but rarely do.

列出三項您認為會帶給您快樂，但較少從事的項目。

Choose things that are not related to food and that are easy to do. See the next page for ideas.

選擇食物以外，容易達成的項目。您可以參考下一頁的列表。

1. _____
2. _____
3. _____

Schedule these pleasures into your life.

將您喜愛的這些事物，融入在您的生活裡。

Get out a calendar. Make appointments with yourself.

拿出您的行事曆，寫下您要做的事情。

As often as possible, schedule your pleasures for the following times:

盡可能在您遇到下列事項時，規劃您所喜愛的事物：

- **When the "old you" might have rewarded yourself by overeating or being inactive.** (For example, if you used to eat ice cream or sit down in front of the TV after a hard day at work, plan to buy yourself flowers instead.)

當您的“老我”想要用過量的飲食或是不活動來獎勵自己。例如：在一天的勞碌後，試著用買您喜歡的鮮花來代替坐在電視前面吃冰淇淋。

- **Right after you've taken a challenging step toward change.**

當您面對要改變的挑戰。例如：當您決心參加有氧運動的課程後，於第一天上

課後，回家泡一個舒服的熱水澡。(For example, if you've been putting off enrolling in an aerobics class, plan to take a long, hot bath on the night after the first class.)

- **When you feel discouraged.** Remember, it takes time to change. You deserve to be good to yourself for all of the efforts you make.

感到沮喪的時候。記住，改變需要時間。所有您值得因著努力而有更好的生活。

Follow through with your plan...no matter how odd it feels.
無論如何，照著您的計劃進行。

Treat your appointments with yourself as seriously as you would those with someone else you care about.
認真看待與您自己的約定，如同您認真看待與親朋好友的約定。



Let Me Count the Ways... To Be Good to Myself 使生活愉悅的項目

1. Soak in the bathtub. 泡澡
2. Plan my career. 作生涯規劃
3. Collect shells. 蒐集貝殼
4. Recycle old items. 作資源回收
5. Go on a date. 約會
6. Buy flowers. 買花
7. Go to a movie. 看電影
8. Walk or jog. 快走或慢跑
9. Listen to music. 聽音樂
10. Recall past parties. 回憶過往的聚會
11. Buy household gadgets. 買家用小物
12. Read a humor book. 讀歡樂的書籍
13. Think about my past trips. 回憶過往的旅行
14. Listen to others. 傾聽他人
15. Read magazines or newspapers. 看雜誌或看報紙
16. Do woodworking. 做木工
17. Build a model. 做模型
18. Spend an evening with good friends. 與好友共度黃昏
19. Plan a day's activities. 計劃一整天的活動
20. Meet new people. 交新朋友
21. Remember beautiful scenery. 回憶美麗的畫面
22. Save money. 存錢
23. Go home from work. 結束工作回家
24. Practice Tai Chi, Chi Gong, Karate, Yoga. 練習太極拳、氣功、空手道、瑜珈
25. Think about retirement. 想像退休生活
26. Repair things. 修理物件
27. Work on my car or bicycle. 整理車子或單車
28. Remember the words and deeds of loving people. 記得親朋好友的名言。
29. Have a quiet evening. 享受寧靜的黃昏
30. Collect coins. 收集硬幣
31. Take care of my plants. 照顧植物
32. Buy a CD. 買CD
33. Go swimming. 游泳
34. Doodle. 塗鴉
35. Collect old things. 收集舊東西
36. Go to a party. 參加派對

37. Think about buying things. 想一下要買的東西
38. Play golf. 玩高爾夫球
39. Play soccer. 玩足球
40. Fly a kite. 放風箏
41. Have a discussion with friends. 與朋友討論事情
42. Have a family get-together. 與家人聚集
43. Take a day off with nothing to do. 休假一整天, 放鬆自己。
44. Arrange flowers. 整理花
45. Being intimate with your partner. 與伴侶享受親密時光
46. Ride a motorcycle. 騎摩托車
48. Practice religion (go to church, pray). 參加宗教聚會、禱告
49. Go to the beach. 去海邊
50. Sing around the house. 唱歌
51. Go skating. 溜冰
52. Paint. 畫畫
53. Do needle point, crewel, knitting, sewing, etc. 做手工刺繡、針織、縫補
54. Take a nap. 睡午覺
55. Entertain. 娛樂自己
56. Go to a club meeting. 去社團聚會
57. Sing with groups. 跟朋友去唱歌
58. Play a musical instrument. 播放音樂
59. Make a gift for someone. 做禮物送別人
60. Collect postcards. 收集明信片
61. Buy a record or CD. 買唱片或下載音樂。
62. Plan a party. 計劃一個派對
63. Go hiking. 爬山
64. Write a poem. 寫詩
65. Buy clothes. 買衣服
66. Go sightseeing. 賞風景
67. Garden. 作園藝工作
68. Go to a beauty parlor. 前往一個漂亮的建築大廳
69. Play cards, chess, etc. 玩牌下棋
70. Buy a book. 買一本書
71. Watch children play. 看小孩子玩耍
72. Write a letter. 寫信
73. Write in a diary. 寫日記
74. Go to a play or concert. 出去遊玩或去音樂會
75. Plan to go to school. 去學校走一走
76. Go for a drive. 開車兜風
77. Listen to music. 聽音樂
78. Refinish furniture. 整修家具
79. Make lists of things to do. 列出要做的事情

80. Go bike riding. 騎單車
81. Take a walk in the woods. 去樹林裡走一走
82. Buy a gift for someone. 買禮物送給別人
83. Visit a national park. 去國家公園玩
84. Take photographs. 拍照
85. Go fishing. 釣魚
86. Play with animals. 與動物玩耍
87. Read fiction. 看小說
88. Watch an old movie. 看老電影
89. Go dancing. 跳舞
90. Meditate. 冥想
91. Play volleyball. 玩排球
92. Read nonfiction. 看真實故事小說
93. Go bowling. 打保齡球
97. Go the mountains. 到山上
98. Think about happy moments in my childhood. 回想童年快樂的回憶
99. See or show photographs or slides. 看照片或給別人看照片
100. Solve riddles. 猜謎語
101. Have a political discussion. 談論政治
102. Play softball. 打壘球
103. Do crossword puzzles. 玩拼字遊戲
104. Dress up and look nice. 打扮自己
105. Think about how I've improved. 回想自己的進步
106. Buy something for myself. 給自己買份禮物
107. Talk on the phone. 講電話
108. A hug. 一個擁抱
109. Go to a museum. 去博物館
110. Get a massage. 收訊息
111. Say, "I love you." 說"我愛你"
112. Go to spa or hot spring. 去泡溫泉
113. Go skiing. 滑雪
114. Crate an aquarium. 做一個水族箱
115. Do a jigsaw puzzle. 拼圖
116. Go window shopping. 去逛街但不購物
117. Send a greeting card to someone you care about. 寄一張名信片給你關心的人
122. Other ideas. 其他



My Personal Lifestyle Contract

我的生活條約

Congratulations on completing the weekly sessions of the Group Lifestyle Balance™ Program!

恭喜您完成“均衡生活小組”的每週課程!

Now is the time to set the goals that you will carry with you as we move into the next phase of the program.

現在，是時候來設立目標，並預備進入下一個階段的課程。

What is my purpose now? Start by answering these questions.

我現在的目的是什麼？回答下列問題，來確立您的目的。

Why is reaching and staying at a healthy weight and being active important to me?

為什麼維持健康的體重與身體活動量，對我如此重要？

Activity Goals 活動目標

- I plan to do at least _____ minutes per week of moderate physical activity similar to brisk walking.

我預計每週要做_____分鐘的中等身體活動量，如：快走。

- I will slowly increase my steps until I reach an average of 7,000 or more per day.

我會慢慢地增加我的步數至 7000步/天 以上。

_____ plus加 250 = _____

Average steps per day last week.

Next week's goal for avg steps/day.

上週的每日平均步數

下週每日平均步數的步數

Weight Goal 目標體重

My goal weight is _____ pounds. 我的目標體重為_____磅。

To reach and maintain this weight, I plan to:

為了達到並維持目標體重，我計劃要做的事情有： _____

If I regain weight, I plan to:

如果我仍然無法突破現在的體重，我計劃的解決方法是：

Keeping Track 持續紀錄

I plan to weigh myself this often: _____

我打算量體重的頻率是：_____

I plan to keep track of my physical activity minutes steps

我打算持續記錄我的 _____ 身體活動的分鐘數 _____ 步數

Session 12

Group Lifestyle Balance

Ways to Stay Motivated, Page 19

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Chinese Version. C.A. Chesla, School of Nursing, UCSF. January 2015

what I eat fat grams calories

我的飲食 脂肪 卡路里

This often 記錄的頻率是：

On (e.g., calendar, notebook)

記錄在(日曆、筆記本、行事曆……等等)：

Social Support 社交協助

I will seek support for my lifestyle goals by 為了達到健康生活的目標，我會尋求的幫助有： _____



To Do:
要做的事項：

I will 我會:

- Keep track of my weight, eating, and activity.**
持續記錄我的體重、飲食，與活動。
- Continue to record activity minutes.**
持續紀錄我的身體活動分鐘數。
- Try to do the three things I enjoy doing listed on page but rarely do.**
根據本次課程所列出的愉悅事項，試著做我所喜愛，但較少從事的事物。

Choose things that are not related to food and that are easy to do. See page 10 for ideas.

選擇與食物無關，容易從事的愉悅事項。可參考“使生活愉悅的項目”表格。

1. _____
2. _____
3. _____

Schedule these pleasures into your life.
將這些愉悅的事物，融入到您的生活中！



Session 13: Preparing for Long-Term Self-Management

第 13 課：準備長期自我管理

What's Next?

下一步是什麼？

Now that you have reached this stage of the GLB program, you will continue to come to regular sessions but now they will occur bi-weekly and monthly. We will continue to work with you to take charge of your healthy behaviors with an eye toward your increasing independence. It is important that you make every effort to participate in each of these meetings because attendance at these sessions will likely increase your chances for meeting your weight loss and physical activity goals.

現在，您已經達成了很多 GLB 的階段，請您繼續來參加我們的課程，但是從現在開始會變成兩周一次或一個月一次。我們將會繼續指導您並與您一起實踐健康行為計劃，但是我們會著重於提高您的獨立性。您來參加這些課程所做的一切努力是很重要的，因為參加這些課程會增加你的機會達成您的減肥和增加身體活動的目標。

Why is it Important to Keep Coming for GLB Support?

為什麼繼續來參加 GLB 的課程是重要的？

As you see your coach less often and you work on reaching and/or maintaining your personal weight and activity goals more and more on your own, you will discover new challenges that you may want to discuss with the group at these scheduled meetings.

正如您所見您的教練課程減少了，您會有越來越多的時間得靠自己來保持個人體重和維持活動目標，而您可能會發現新的挑戰，並想要在我們安排好的課程裡，跟團體討論這些新問題。

We are confident that you will become more skillful in making long-term healthy lifestyle changes with the support, accountability and feedback provided in these sessions during the coming months. In a way, it is like a new driver in training, increasingly taking over the wheel of the car as the driving coach takes a back seat to the whole experience.

我們相信在未来幾個月裡的教練課裡，在其所給予的支持，幫您一起承擔責任和給予及時的回饋的指導下，您將會更加純熟長期的執行健康生活方式。在某種程度

上，這就像在新學開車，您將會慢慢的自己掌握汽車的方向盤而駕駛教練則坐在旁邊指導。

Each new meeting will give you a chance to:

每一個新的課程將會給你機會：

- turn in self-monitoring records
- 繳交自我監測記錄
- have a check-point for your current weight and physical activity levels
- 會有個檢驗標準來檢視您目前的體重和身體活動水平
- get support and discuss plans for dealing with your biggest food and activity challenges
- 獲得支持並討論計劃，處理您最大飲食和運動計劃的挑戰
- benefit from the experience of your fellow group members
- 在其他小組成員的經驗分享中獲益
- reinforce all the self-management skills you have already learned
- 加強所有你已經學會的自我管理能力
- learn new strategies for long term success
- 學習長期成功的新戰略

The goal of the GLB program is to provide you with the kind of information, skills and practice for healthy living that will last beyond the end of the program and, indeed, throughout your lifetime.

GLB 計劃的目標是提供您終生都可以活用並持續實踐健康生活的技能和知識。

Does Attendance Matter?

出席率是否重要？

Research has shown that attendance really does matter. Psychologists at the University of Florida* have studied factors related to long-term success in making changes in a behavioral lifestyle intervention program. The researchers concluded that regular participant attendance at group meetings over an extended period of time had a lot to do with personal success in achieving future lifestyle goals.

有研究表明，出席率確實會有幫助。佛羅里達大學*的心理學家對成功長期的更改生活行為方式計劃之相關的因素進行研究。研究人員得出的結論指出，長時間的定期出席參加小組會議與個人成功的達成未來的新生活目標息息相關。

The participants who came to the most sessions were better at maintaining the necessary behavior changes and had the best weight loss in the final phase of the program. The researchers also found that improving problem solving skills was a key ingredient for success. 長時間的定期出席參加小組課程會議的參加者將會更有效的保持必要的行為改變並在計劃的最後階段減肥成功。研究人員還發現，提高解決問題的能力是成功的關鍵因素。

* Perri MG et al, 2001, JCCP. 57, 717-721

Attendance Mattered in the Diabetes Prevention Program Too 出席率對糖尿病預防計劃也是重要的

We already know that Diabetes Prevention Program (DPP) lifestyle participants, on average, were successful in reaching their 7% weight loss and 150 minute weekly physical activity goals following their initial core program participation.

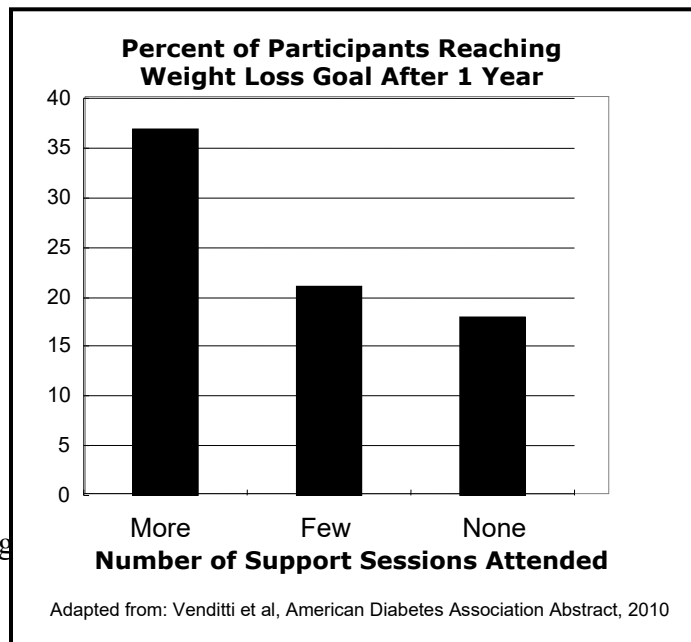
我們已經知道，糖尿病預防計劃 (DPP) 生活方式的參與者裡，大部份都成功的達成了前期計劃的核心：減重 7% 和每週身體運動鍛鍊 150 分鐘的目標。

However, what do we know about predicting their future healthy lifestyle success? Did attendance at ongoing group sessions offered during the long-term follow-up of the DPP (Diabetes Prevention Program Outcomes

Study or DPPOS) matter? Well, see for yourself!

然而，我們如何知道預測未來的健康的生活方式成功？出席 DPP (糖尿病預防計劃研究成果或 DPPOS) 長期追蹤期裡所提供持續的小組

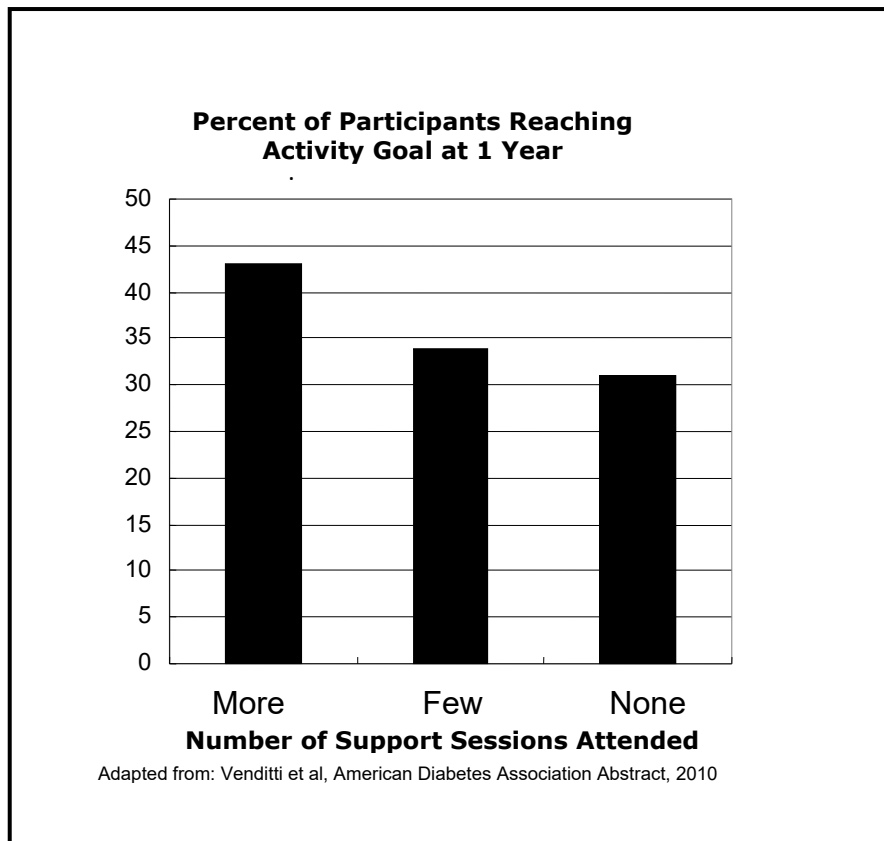
第 13 課



會議重要嗎？好了，我們來看看圖表！

The figure to the right shows that those participants who attended the most group sessions offered throughout the later years in the DPP (DPPOS) were more likely to be at their weight loss goals than those who attended only a few sessions or none at all.

圖中右邊顯示完整的參加DPP (DPPOS) 所提供的小組課程會議之參與者的體重比那些只參加幾堂課或根本沒參加者，更容易達到他們的減肥目標。



Continuing to participate in lifestyle sessions was also important for achieving long-term physical activity goals. As you can see in the figure to the left, participants who attended the most DPPOS sessions were more likely to be at their physical activity goal at one year, compared with those who attended fewer

or none. 持續參加生活方式小組課程會議對長期執行運動鍛鍊的目標也是很重。正如你在圖中左側，一年中出席最多 DPPOS 課程會議的參加者比那些只參加少少幾堂課的參加者，更容易達到他們運動鍛鍊的目標。

Maintaining your physical activity levels as you go forward in the future is another important factor in long-term healthy lifestyle success. As discussed earlier in session #4, a physically active lifestyle is important to your health and your ability to function properly. In addition,

maintaining adequate physical activity levels plays a key role in future weight loss. Research studies have shown that individuals who continued to maintain their physical activity goals tended to maintain a healthier diet and were more successful with their weight loss goals than those who abandoned their physical activity program**.

在未來的日子裡，維持你的身體活動水平是在成功的長期健康的生活方式裡另一個重要關鍵。在前面第 4 課裡所討論的，動態的身體活動生活方式對你的健康和維持身體正常工作的能力是很重要的。此外，保持充分的身體活動水平對將來體重減輕起關鍵作用。調查研究表明，持續保持其身體活動目標的人比那些誰放棄了身體活動課程**者更趨向於保持更健康的飲食和更成功於他們的減肥目標。

**Catenacci and Wyatt. Nature Clinical Practice: Endocrinology & Metabolism. Vol 3, 2007.

The Bottom Line

概要

- Coming to the GLB sessions will improve your chances of meeting (and exceeding) the 7% weight loss and 150 minute weekly physical activity goals.
- 參加 GLB 課程會議將提高你的減重 7% (甚至超過 7%) 和達到每週 150 分鐘體能活動目標的機會
- The more often you reach your healthy lifestyle goals, the more likely you are to continue meeting those goals in the future.
- 當你達到越多健康的生活方式目標，你就越有可能繼續達成未來的目標。
- In other words, "Nothing breeds success like success."

How Will I Prepare For Long-Term Success?

我該如何準備長期的挑戰？

We will count on you to:

我們期望你：

- Keep coming to sessions (and let us know when you can't so we can make a plan for you to get materials)

- 持續來參加課程 (讓我們事先知道如果您不能定期參加 , 我們可以制定另一個計劃 , 幫您準備資料)
- Do your best to keep reaching your eating and activity goals. That includes practicing on your own what you have learned at group meetings.
- 盡您所能地保持達到您的飲食和活動目標。這包括你自己的執行您在小組會議所學到的方法。
- Keep track of your eating, activity and weight according to the plan you made in Session 12
- 執行您在第 12 課所制定的的飲食 , 活動和體重減輕計劃
- Pay close attention to the things in your life that help or hurt your ability to stick to healthy lifestyle behavior change
- 密切關注你生活中幫助或降低你堅持健康生活方式行為改變的能力的事情
- Share some of your challenges at the group sessions so that everyone can benefit and work on ways to be more successful
- 在小組會議提出您所遇到的挑戰 , 讓每個人都能參與討論及受益 , 並學習如何更克服挑戰
- Keep at it (even when the slope gets slippery)
- 保持它 (即使當你遇到了滑流梯)



You can count on us to:

你可以期望我們 :

- Continue providing information, tools and coaching support to help you succeed over the long haul
- 繼續提供您信息 , 工具和指導並支持幫助您成功達成長期目標
- Believe you can be independent and successful

7777

- 相信您可以獨立做到並成功
- Always “hang in there” for you.
- 永遠當您的後盾

Renew Your Commitment.

檢視和更新您的承諾

Based on what we have discussed today, and my desire for long-term success, I commit to attending ongoing GLB sessions. I will work with my lifestyle coach and fellow group members in the ways described above.

根據我們今天所討論的，我渴望長期的成功，我承諾要參加正在目前的GLB課程。我將與我的生活教練和小組的成員一起合作。

Signed: 簽名: _____ Date: 日期: _____

A Sneak Peak at What’s Ahead (The Next Session)

讓我們偷看一眼 下一個是什麼？(下個單元主題)



To Do: 待辦事項:

The Basics:

基礎知識 :

- Keep track of your weight.

- 記錄您的體重。
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - 自己在家每天量體重或每週至少在同一時間量一次。
 - Record your weight in the Keeping Track book.
 - 寫下您的體重在體重控制記錄簿上。

- Keep track of what you eat, drink, and your physical activity using the Keeping Track book (or preferred self-monitoring record). You may want to use your pedometer and record your steps.
- 記錄您吃過了喝過了什麼在體重控制記錄簿上。您可能需要使用計步器，記錄您一天走了多少路。

- Be physically active for at least 150 minutes per week. Aim for an average of at least 50,000 steps per week.

- 每週運動至少150分鐘。設定每週至少要走50,000步。

Additional Notes:

課外補充：



Session 14: More Volume, Fewer Calories

第 14 課：

更大的體積，更少的熱量

Thus far in GLB, we have covered a number of nutrition topics that help you to balance your eating for healthy lifestyle success. Today we want to help you learn ways to feel fuller on fewer calories and how to choose foods that keep hunger in check.

迄今為止在均衡生活小組，我們已經介紹了一些關於營養的話題，說明您平衡您的飲食，已達到健康生活方式的成功。今天我們要幫您學會一些食用更少熱量的食物而產生飽腹感的方式，以及如何選擇食物來控制饑餓感。

Barbara Rolls, Ph.D., who holds the endowed Guthrie Chair of Nutrition at Penn State University, is the author of a popular book entitled, "Volumetrics: Feel Full on Fewer Calories" (HarperCollins Publishers, 2000). The information in this session is based on Dr. Rolls' research. 芭芭拉羅爾斯博士 (Barbara Rolls, Ph.D)，是賓夕法尼亞州立大學格思裡營養學主席。她是一本暢銷書的作者，題為 "Volumetrics: Feel Full on Fewer Calories" (HarperCollins 出版社，2000 年)。這一課的內容是基於羅爾斯博士的研究，

All foods provide a certain number of calories (energy) for a specific amount (volume) of food. This concept is called energy density.

所有的一定數量 (體積) 的食物提供一定數量的卡路里 (能量)。這個概念被稱為能量密度。

- 一小份高密度食物能提供大量的熱量。例如：小甜餅，薯片，餅乾，巧克力/糖果，堅果，黃油
- High-density foods provide a lot of calories in a small portion (volume) of food. Examples: crackers, chips, cookies, chocolate/candies, nuts, butter
- 一小份高密度食物能提供大量的熱量。例如：小甜餅，薯片，餅乾，巧克力/糖果，堅果，黃油

- Low-density foods provide few calories per portion (volume) of food.
- 而一份低密度食品提供較少的卡路里。例如：非澱粉類蔬菜，脫脂牛奶，湯

For example, 1 cup of raw spinach (low-density) provides 7 calories but 1 cup of premium ice cream (high-density) provides 500 calories. They have the same amount or volume of food, but very different calories!

例如，1 杯生菠菜（低密度）提供了 7 卡路里的熱量，但是一杯優質霜淇淋（高密度）卻提供 500 卡路里的熱量。它們含有相同大小或體積的食物量，但含有的熱量卻非常不同：

The basic idea of “Volumetrics” is to add volume to your meals by:
“Volumetrics” 的基本思想是，用以下方法來增加您的膳食量：

1. reducing fat 減少脂肪
2. adding fiber 添加纖維
3. adding water 加水
4. adding fruits and vegetables 增加水果和蔬菜

By increasing the volume of food, you will consume fewer calories, enjoy a satisfying portion of food, and keep hunger in check.

通過增加食物的量，您會攝取更少的熱量，享受一個令人滿意的食物量，並控制飢餓感



How to Increase Volume in Your Meals

如何增加您的膳食量

Add water to the dishes you cook

- Make soup, stews and casseroles 做湯，燉肉和砂鍋
- Start meals with broth-based, low-fat soups 開始用餐時，先食用以清湯為基礎的低脂湯
- Dilute fruit juice with water or soda water (1/2 and 1/2) 用水或蘇打

給您做的菜餚加水

Add fruit to increase water and fiber

添加水果，以增加水分和纖維

- Choose whole fruits, fruits canned in water or juice, and frozen fruits 選擇新鮮水果，水果(在水或果汁裡的)罐頭，和冷凍水果
- Start your meal off with fruit. Half of a fresh grapefruit could be an appetizer 開始用餐時先吃水果。半個新鮮葡萄柚可以做開胃菜
- Add fruit to your favorite yogurt 把水果放在您最喜愛的優酪乳裡
- Add strawberries, pears, or mandarin oranges to lettuce salads 把草莓，梨，或桔子加在生菜沙拉裡
- Add mango or fruit cocktail to rice 把芒果或什錦水果加在米飯裡
- Keep frozen fruit in your freezer; blend with yogurt for a great smoothie 把冷凍水果存放在冰箱裡；用攪拌器和優酪乳做成很棒的冰沙
- Add fruit to your breakfast cereal as a way to sweeten it 把水果放在早餐麥片裡，是一種使它變甜的方式

Add vegetables to increase water and fiber

加入蔬菜，以增加水分和纖維

- Start your meals with a salad, raw vegetables, or a clear broth soup that has lots of vegetables 開始用餐時先吃沙拉，蔬菜，或有大量的蔬菜的清湯
- Experiment with new vegetables. Try some “new” kinds of greens in your salad 嘗試新的蔬菜。嘗試在沙拉裡拌入新種類的蔬菜
- Try drinking vegetable juice such as V8 or tomato juice 嘗試喝蔬菜汁，如 V8 或番茄汁
- For a snack, choose raw vegetables with a low-fat or non-fat dip 吃點心，選擇蔬菜和低脂肪或無脂肪的調味醬
- Add vegetables to your cooked dishes 在您做的菜餚裡加入蔬菜
- Have fresh, frozen or canned vegetables on hand to add to casseroles or mixed meat dishes. (Add spinach, diced carrots, and extra onions to chili. Add broccoli to baked ziti. Add plenty of vegetables to jars of tomato sauce)手邊有新鮮的，冷凍的

Salads are filling

沙拉令人感到飽足

- Vegetable Salads 蔬菜沙拉
 - Any combination of vegetables makes a great salad 任意蔬菜的組合，能做成一份很棒的沙拉
 - For more fiber and a tasty crunch, add 2 Tablespoons of nuts to your salad 想要更多的纖維和香脆的口感，在沙拉裡加入 2 湯匙堅果
 - Use lower calorie dressings 使用低熱量的沙拉醬
 - Add chicken, canned tuna, or beans (black beans, kidney beans, chickpeas, soybeans) to a salad to make it a more complete and filling meal 加入雞肉，罐裝鮭魚，或豆類（黑豆，

- Grain and Bean Salads 穀物和豆類沙拉
 - Add vegetables to add bulk to a brown rice, couscous, or barley salad 把蔬菜加在糙米飯，小米飯，或大麥沙拉裡，以增加量
 - Combine three different beans with vegetables, herbs, and a vinegar-based dressing 把三種不同的豆類混合在蔬菜，香草食品，

Soups are satisfying

湯讓人滿足

- Numerous research studies report that soup helps people eat less 大量的研究表明，喝湯可以幫助人們吃得少些
- Broth-based soups have been shown to help people lose weight and keep weight off 清湯已被證明有助於減肥和保持體重
- Soup takes a long time to eat, fills up your stomach, and takes time to empty from your stomach which increases satiety 喝湯需要很長時間，會把您的胃填滿，並且需要時間從您的胃裡排空。這樣會增加飽腹感
- Choose soups with 選擇湯含有：
 - defatted broth or stock (instead of cream-based soups) 脫脂清湯或高湯（而不是奶油湯）
 - generous amounts of vegetables 大量的蔬菜
 - chicken, turkey, lean beef, beans, lentils, barley, or tofu 雞肉，火雞，瘦牛肉，豆類，小扁豆，大麥，或豆腐
- Aim for broth-based soups with about 100 calories per cup 每杯清

Legumes are Versatile 豆類是多功能的

- Add beans (black, kidney, chickpea, soybean) or lentils to soups, stews, chili, salads, pasta, rice, casseroles, pizza and pasta sauces 把豆類 (黑豆 , 芸豆 , 鷹嘴豆 , 黃豆) 或小扁豆添加在湯類 , 燉肉 , 辣椒 , 沙拉 , 義大利面 , 米飯 , 砂鍋菜 , 比薩和義大利麵醬汁裡
- Legumes also make great dips. Spread hummus on sandwiches or use it as a dip 豆類也可用來製作美味的調味蘸醬 鷹嘴豆泥可以抹

Nuts, Seeds, and Dried Fruits are Nature's Bounty 堅果 , 種子 , 和乾果都是自然之寶

- They are good sources of fiber, but contain little water 它們富含纖維且含水量少
- Caution: They are higher in calories and fat so eat them in moderation. 小心 : 他們含高熱量和脂肪所以吃適量即可
- Add them to cereal and milk, salads, and vegetables 把他們加

Use Whole Grains 使用全穀類

- The USDA MyPlate recommends that at least half of the grains eaten each day should be whole grains 美國農業部 “我的餐盤“ 建議 , 每天攝取的穀物至少一半應是全穀類
- It is important to *substitute* whole grain products for refined grain products, rather than *adding* whole grain products, in order to stay within your calorie and fat goals 為了您能保持在熱量和脂肪目標之內 , 重要的是用全穀物製品 替代 精製穀物製品 , 而不是 增



Main Dish Soups

主菜湯類

Light and Fresh Vegetable Soup 清淡新鮮的蔬菜湯

- 2 teaspoons olive oil
- 4 cloves garlic, minced
- 5 cups low-fat or fat-free chicken broth
- 2 sprigs thyme
- ½ cup frozen green peas, thawed
- 1 cup thinly sliced red bell pepper
- 1 cup cut fresh asparagus--(1 ½ -inch long pieces)
- 1¾ cups sliced Swiss chard or spinach
- 1½ cups cooked penne pasta
- 2 茶匙橄欖油
- 4 瓣大蒜，切碎
- 5 杯低脂或脫脂雞湯
- 2 枝百里香葉
- ½ 杯冷凍豌豆，已解凍的
- 1 杯紅甜椒，切成薄片
- 1 杯切段的新鮮蘆筍 (1.5 英寸長切段)
- 1 ¾ 杯切好的瑞士甜菜或菠菜
- 1 ½ 杯煮熟的義大利通心粉

Directions:

- Heat olive oil in large saucepan over medium heat. Add garlic and sauté 1 minute.
- Add the broth and thyme, and bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- Add Swiss chard, bell pepper, and peas; cover and simmer 5 minutes.
- Add the asparagus, cover and simmer 2-4 minutes or until the asparagus is just tender.
- Stir in the pasta, and cook 1 minute.

製作方法：

- 將橄欖油在平底鍋裡用中火加熱。加入大蒜，炒 1 分鐘。
- 加入高湯和百里香葉，煮開。蓋上鍋蓋，低火，燉 10 分鐘。
- 加瑞士甜菜，紅甜椒，和豌豆；蓋上鍋蓋，燉 5 分鐘。
- 加入蘆筍，蓋上鍋蓋，燉 2-4 分鐘或直到蘆筍剛好變軟。
- 加入通心粉，煮 1 分鐘。

Servings = 4 servings of 2 cups each

One serving (2 cups) = 150 calories, 3 grams fat

Lentil Soup 扁豆湯

1 pound lentils, rinsed and drained	3 carrots, peeled and chopped
12 cups water	2 cloves garlic, minced
6 chicken bouillon cubes	8 ounce can tomato sauce
2 onions, chopped (1 cup)	2 bay leaves
3 celery ribs, chopped	1 teaspoon oregano
½ cup red wine vinegar	
1 磅扁豆，洗好，瀝幹	3 個胡蘿蔔，去皮，切碎
12 杯水	2 瓣大蒜，切末
6 塊雞味高湯塊	8 盎司罐裝的番茄醬
2 個洋蔥，切碎 (1 杯)	2 片月桂樹葉
3 條西芹，切碎	1 茶匙牛至(<i>oregano</i>)
½ 杯紅酒醋	

Directions:

- Place all ingredients EXCEPT red wine vinegar in large soup pot.
- Bring to a boil, cover, and let simmer several hours.
- About 30 minutes before serving, add red wine vinegar.

製作方法：

- 除了紅酒醋之外，在大湯鍋內放入所有其它原料。
- 燒開，蓋鍋蓋，燉幾個小時。
- 在食用前約 30 分鐘，加入紅酒醋。

Yield: approximately 12 cups

Split Pea Soup 豌豆瓣湯

1 pound bag of green split peas	12 cups water
1 cup dry baby lima beans	4 chicken bouillon cubes
6 carrots, diced	4 onions, chopped (2 cups)
½ teaspoon dried dill weed	¼ teaspoon garlic powder
1 袋 1 磅的綠色幹豌豆瓣	12 杯水
1 杯小利馬豆	4 塊雞味高湯塊
6 個胡蘿蔔，切碎	4 個洋蔥，切塊 (2 杯)
½ 茶匙幹蒔蘿草	¼ 茶匙大蒜粉

Directions:

- Rinse split peas and baby limas in hot water and drain. Place all ingredients in soup pot. Bring to boil. Let simmer several hours.

製作方法：

- 用熱水沖洗豌豆瓣和小利馬豆，瀝幹。
- 把所有原料放在湯鍋內。煮沸。燉幾個小時。

Yield: approximately 12 cups

White Bean Chili 白豆辣湯

8 cups water
4 chicken bouillon cubes
3 cloves garlic, minced
ground cloves
1 pint mild salsa
1 pound navy beans - soak 24 hours, rinse and drain
6 onions, chopped (approximately 3 cups)
2-3 boneless, skinless split chicken breasts (optional)
*Pepper Jack cheese

8 杯水
4 塊雞味高湯塊
3 瓣大蒜，切碎
少許丁香粉
1 磅白豆 - 浸泡 24 小時，洗淨，瀝幹
6 個洋蔥，切碎 (約 3 杯)
2-3 塊去骨去皮切開的雞胸肉 (可選的)
*辣椒傑克乳酪

1 茶匙牛至
2 茶匙孜然粉
1 茶匙辣椒粉
1 品脫微辣莎莎醬 (Mild Salsa)

Directions:

- Place in large soup pot: beans, water, bouillon cubes, chicken, garlic, and onion. Bring to a boil & let simmer several hours or at least until beans are tender.
- Remove chicken, shred, & return to pot.
- Add spices and let simmer several hours.
- 30 - 60 minutes before serving add salsa.
- Garnish each bowl with shredded hot pepper cheese. *Pepper Jack Veggie Slices could also be used.

製作方法：

- 在大湯鍋內放入：白豆，水，塊雞味高湯塊，雞胸肉，大蒜，和洋蔥。煮沸後，煨幾個小時或直到豆子變軟。
- 取出雞，切絲，並放回到鍋內。
- 添加香料後再煨幾小時。
- 在食用前 30 - 60 分鐘添加莎莎醬 (Mild Salsa)。



What's in Your Bowl? High Fiber Cereals

您的碗裡有什麼？

高纖維的麥片

The 2005 Dietary Reference Intake (DRI) for fiber is 25 grams per day for women and 38 grams per day for men up to age 50. After age 50, women should include 21 grams per day, men 30 grams daily.

2005 年，膳食參考攝入量 (DRI) 建議 50 歲以下女性每日攝取 25 克纖維。男性每日攝取 38 克纖維。50 歲後，女性應每日攝取 21 克，男性每日 30 克。

Including a high fiber breakfast cereal is an easy way to boost your fiber intake. Add nutrients by including low-fat or fat-free milk and a serving of fruit.

一份高纖維的早餐麥片是增加您纖維素攝入量的一個簡單的方法。再加上低脂或脫脂牛奶和一份水果來補充營養。：

The following cereals are healthy choices because they contain:

以下麥片是健康的選擇，因為它們含有：

1. at least 10 grams of fiber 至少 10 克的纖維素
2. no more than 200 calories 不超過 200 卡路里
3. and no more than 10 grams of sugar per serving 每份不超過 10 克的糖

Brand Name 品牌名 **	Serving Size 份量	Calories 熱量	Fat (grams) 脂肪 (克)	Fiber (grams) 纖維 (克)	Sugar (grams) 糖 (克)	Protein (grams) 蛋白質 (克)
Fiber One®	½ cup 杯	60	1	14	0	2

Fiber One® Honey Clusters®	1 cup 杯	160	1.5	13	6	3
Fiber One® Raisin Bran Clusters®	1 cup 杯	170	1	11	14*	3
Kashi ®Go Lean®	1 cup 杯	140	1	10	6	13
Kashi ® Good Friends®	1 cup 杯	160	1.5	12	10	5
Kellogg's® All Bran Bran Buds®	1/3 cup 杯	70	1	13	8	2
Kellogg's® All Bran Original®	½ cup 杯	80	1	10	6	4
比較:						
Kellogg's® Special K®	1 cup 杯	120	.5	<1	4	6
Kellogg's® Corn Flakes®	1 cup 杯	100	0	1	2	2
Kellogg's® Rice Krispies®	1¼ cup 杯	130	0	<1	4	2

* This item contains fruit, so is higher in grams of sugar. Labels do not separate added sugar from the natural sugar from fruit. 此項包括水果，因此糖克數含量較高。標籤不分別注明添加糖和水果裡的天然糖

** Nutrition information from company websites, 2/2011 從公司網站上獲取的營養資訊，2/2011

A Sneak Peak at What's Ahead (The Next Session)

下期預覽 (下一課)

To Do



待辦事項:

The Basics:

基礎知識：

- Keep track of your weight.
- 繼續記錄您的體重。
- Keep track of your weight.
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - 在家裡的同一時間，每天或至少每週測量一次體重
 - Record your weight in the Keeping Track book.
 - 把您的體重記在記錄簿上
- Keep track of what you eat and drink using the Keeping Track book.
- 繼續用記錄簿記錄您每天吃過和飲用的食品。
- Keep track of your physical activity in the Keeping Track book.
- 繼續用記錄簿記錄您的運動。
- Be physically active for at least 150 minutes per week
- 運動鍛煉身體，每週至少 150 分鐘。

Challenge Yourself:

挑戰自己:

- Practice adding volume to your meals. Evaluate the impact on your calorie intake. Evaluate the impact on your degree of fullness.

- 練習在您膳食中添加體積較大的食品。評估它對您卡路里攝入量的影響，評估它對您的飽腹感程度的影響。

Additional Notes:

課外補充：



Session 15: Balance Your Thoughts for Long-Term Self-Management

第 15 課：平衡您的心態，來維持長期的自我體重控制

Many GLB participants tell us about the positive things that come from the process of weight management, both in the weight loss and weight maintenance phases.

無論是在減肥和保持體重的階段，許多 GLB 的成員告訴我們在減輕體重過程中正面的感受。

- Think about the impact weight management has on your life.
- 想一想體重管理對您的生活的影響。
- Rank the top 5 reasons that are most important to you.
- 依次列出對您最重要的 5 個原因。

Reasons I Want to Lose Weight (and Maintain Weight Loss) 我想減輕體重 (和保持體重) 的原因	
I want to look in the mirror and feel OK. 我想照鏡子時感覺好。	
I want to look better to others. 當我想面對別人時，看上去更好。	
I want to be able to wear a smaller size. 我希望能夠穿小一號的衣服。	
I want to be able to shop for clothes with less difficulty. 我希望能更容易買到衣服。	
I want to stop dwelling on how others view me. 我想停止糾結於別人如何看待我。	
I want to be complimented on my appearance. 我希望我的外表被人稱讚。	
I want to prevent physical illness and disease. 我想預防身體不適和疾病。	

I want to be comfortably active. 我想活動更自如。	
I want to live longer. 我想更長壽。	
I want to have more energy. 我希望有更多精力。	
I want to be fit. 我希望能夠強健。	
I want to wake up in the morning and feel healthier. 我希望早晨醒來時，感覺更健康。	
I want to like myself more. 我希望更喜歡自己。	
I want to feel more in charge of my life. 我想感到能夠更好的主宰我的生活。	
I want to feel as if I've accomplished something important. 我想感到我已經完成了一件重要的事。	
I want to feel self-confident. 我想感到自信。	
I want to stop saying negative things to myself. 我想停止對自己說消極的話。	
I want to feel happier in social situations. 我想在社交場合感到更愉悅。	
I want to do more and different kinds of activities. 我想要做更多不同類型的活動。	
I want my family to be proud of me. 我希望我的家人為我驕傲。	
I want to be able to be more assertive. 我想能夠更加堅定自信。	
I want to eat with others and feel comfortable. 我想和別人一同進餐，並感覺很舒服。	
I want to stop being nagged about my weight. 我希望別人不要再對我體重的喋喋不休。	
Another reason: 別的原因：	

Another reason: 別的原因 :

Another reason: 別的原因 :

Do Your Thinking Patterns Help or Hurt Your Lifestyle Progress?

您的思維模式

幫助了或阻礙您了生活方式的進展？



Earlier in the GLB program we asked you to “listen” to the kinds of things you say to yourself as you work on building healthier habits. We hope some of these self-statements are positive and you can give yourself credit for small changes in the right direction. However, you probably struggle with self-defeating thoughts too. Such thoughts disrupt your ability to reach healthy lifestyle goals. Listed below are some common self-defeating thoughts with suggestions on how you can handle them and move toward lifestyle balance.

早些在 GLB 計畫時，我們請您在努力創建更健康的生活習慣時，“傾聽”您對自己說的話。我們希望有一些自我陳述的是積極的，並且您能給自己的每個微小改善加分。不過，您也可能陷入自我挫敗的想法而掙扎。這些想法會擾亂您達到健康生活方式目標的能力。以下列出的是一些常見的自我挫敗的想法，和如何克服它們，並邁向平衡生活方式的建議。

Self-Defeating Thoughts 自我挫敗的想法	Example 例子	Helpful Response 有幫助的建議
All-or-nothing thinking 兩極化思維	<i>Either I'm perfect on my diet and activity plan or I've completely failed.</i> 要麼我完美的做好飲食和活動計畫，要麼我就是徹底失敗。	Making a mistake is definitely not the same as failure. 犯一個錯誤和失敗是絕對不一樣的。

Jumping to conclusions 過早下結論	<i>Since I ate chocolate today, reaching my healthy eating goals is impossible. 因為我今天吃了巧克力，所以達到我的健康飲食的目標是不可能的了。</i>	I don't have to be perfect. I make healthy food choices most of the time. 我不需要做到完美。我大部分的時候會選擇健康的食物。
Negative fortune-telling 消極的預測未來	<i>I won't be able to resist the desserts at the party. 我無法抗拒聚餐派對上的甜點。</i>	No one will force me to eat. I need to prepare myself in advance. 沒有人會強迫我吃。我必需提前準備好自己不去吃。
Discounting the positive 對好的方面打折扣	<i>I only walked for 100 minutes this week. I deserve credit only if I reach my activity goal. 我這一週只走了100分鐘。只有當我達到活動目標才算。</i>	I deserve credit for every positive action that I take. 我的任何正確的活動都值得讚揚。
Emotional reasoning 感情用事	<i>Since I feel so hopeless about reaching my goals, it really must be hopeless. 因為我都覺得達到我的目標是不可能的，那我真的一定是沒有希望了。</i>	Everyone gets discouraged from time to time. My goals are unreachable <u>only</u> if I decide to give up. 每個人都有感到沮喪的時候。 <u>只有</u> 當我決定放棄時，我的目標才會達不到。
Labeling 給自己貼標籤	<i>I'm a failure for overeating or skipping my workout today. 我是一個暴飲暴食或今天不做運動的失敗者。</i>	Of course I'm not a failure. I reach my goals most weeks. 我當然不是一個失敗者。大部分時間我都能達到目標。
Mythologizing 虛假化	<i>If I eat standing up, it doesn't count. 如果我站著吃東西，就不算。</i>	A calorie is a calorie, no matter how I consume it. 不管用什麼方式吃，1卡路里就是1卡路里。
Excuses & Rationalizations 藉口和合理化	<i>It's okay to eat these sweet foods because I'm so stressed out. 吃些甜食沒關係的，因為我壓力好大。</i>	Emotional eating is a habit I need to break. I need to tolerate my distress or cope with my problems in a healthier way. 情緒化飲食是一種我需要改正的習慣。我要用一種健康的方式來承受苦惱，或處理問題。

Exaggeration 誇張	<i>I'm totally out of control with my eating and lack of activity!</i> 我完全失去了對飲食的控制和缺乏活動！	I may have strayed from my plan, but I can start following my program again right away. 我可能偏離了我的計畫，但我能馬上再跟上我的計畫。
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Excuses and Rationalizations 藉口和合理化

It's okay to stray because.....這沒關係，因為.....

___ It's just one little piece.這只是一個小小的棋子。

___ It's not *that* fattening.這不是容易發胖的食物。

___ I'll just eat less later today.我今天晚上就少吃點。

___ It won't matter in the long run.就吃這一點點從長遠來看不重要。

___ It'll go to waste if I don't eat it.如果我不吃它會白白浪費。

___ I'll disappoint someone if I don't eat it.如果我不吃它會辜負別人好意。

___ Everyone else is eating it too.大家都在吃它了。

___ I worked out today.我今天有運動了。

___ I'm tired and deserve to rest.我已經有努力減重了，應該要有點獎勵。

___ No one will see me eating it.沒有人會看到我吃它。

___ It's free.它是免費的。

___ It's a special occasion.今天是一個特殊的日子。

___ I'm upset, and I just don't care.我不高興了，我不在乎了。

___ I'm craving it.我渴望吃它。

___ I'll probably just eat it eventually.我可能最終還是會吃了它。

___ I want to get my money's worth.我想要得到我的錢的價值。

___ I'll exercise tomorrow.我明天會運動。

___ People are depending on me right now.人們現在都要依賴我。

Your own excuses: 您自己找藉口：

A healthier response: 健康的想法:

Some thoughts give you permission to steer away from your healthy lifestyle plan. These thoughts usually have a kernel of truth to them at the time. Unfortunately, they also give you permission to stray from what you know is healthy and productive. Have you heard yourself saying any of these things?

有些想法允許您遠離您的健康生活方式計畫。這些想法在當時通常有真實性。不幸的是，他們也允您偏離那些您知道是健康的和有成效的事物。您有沒有聽過自己說這些東西呢？

The next time you have an urge to eat something that's not in your healthy eating plan, or to stray from your scheduled activity, notice what is going through your mind. Are you trying to justify these thoughts or tell yourself that it's ok "just this once"? 下一次，當您有衝動要吃那些不在健康飲食計畫裡的食物，或者偏離您已經計劃好的活動時，請留意當時您心裡在想什麼。您是否試圖為這些想法找藉口合理化，或告訴您自己沒關係的“就這一次”？

Identify your own words, and the specific situations in which they most often occur. You want to be ready to respond with a new, healthier self-statement, like "Even though I had a bad day and feel I deserve a treat, I will eat an apple instead of this candy bar because I want to stay on track to reach my goals" or "Yes, I am tired but I will feel so much better after I work out".

釐清出您自己的話，以及最常發生的具體情況。您要隨時準備應對一個全新的，健康的自我認知，比方說：『雖然我有糟糕的一天，覺得我應該慰勞自己一下，但是我會就吃一個蘋果而不是一包餅乾，因為我想遵守我的健康計畫並達到我的目標。』或『是的，我累了但我運動之後就會覺得好多了！』。

When you give yourself permission to stray from your healthy eating and physical activity plan, you strengthen your old habits of making excuses and rationalizations. This learning process make its more likely that you will give-in again in the future. However, each time you respond in a healthier way, you break this negative cycle and strengthen your new habit of healthy self-control

當您讓自己不遵從健康飲食和身體活動的計劃，這會加強您找藉口和合理化的舊習慣。這是一個學習過程，在這當中您可能會一直想放棄。但是，當您每次作出一個健康的回應的時候，就會打破這種消極的循環念頭，並加強新的健康自我控制的習慣。

The more you practice healthy restraint, the easier it becomes.

當您實踐越多健康飲食約束時，他就會變得容易



Do You Give Yourself Credit?

您有給自己獎勵嗎？

It's normal to have "slips" or times when you don't follow your healthy eating and activity goals. Do you also have a tendency to only think about the things you have done wrong with your lifestyle program throughout the day rather than everything you did well?

您可能有時會“滑一跤”或不能遵照您自己的健康飲食和活動目標是正常的。您是否也有一種傾向，只想到那些您無法做倒的健康飲食和活動目標，而忘了您已經做的很好的生活計劃？

Give Yourself Credit:

給自己獎勵：

List three positive changes you have made during GLB that have helped you manage your weight and improve your health.

列出三個在 GLB 期間您所做的積極變化來幫助您管理您體重和改善您健康。

1. _____
2. _____
3. _____

Starting today, record in your Keeping Track 1 or 2 things you did **right** each day. List your credit-worthy behaviors and write down positive words or phrases to give yourself a pat on the back.

從今天開始，記錄您每天做對的一件或兩件事情。列出信用良好的行為，並寫下正面的詞句或短語來給自己獎勵。

For example:

I didn't take a second helping at the party. I'm in control.

I walked for 30 minutes today...YEAH! I feel great!

I weighed myself today ☺ **例如：**

我今天在聚餐中控制很好，不需要額外的幫助。

我今天健走 30 分鐘... 感覺的非常棒！

我今天量體重了 ☺

As you work toward your goals, do you ever pat yourself on the back for something you did right? Focusing only on your mistakes, without paying attention to your successes, may cause you to feel weak or hopeless when the next “slip” occurs.

正如您對自己的目標工作，您有沒有拍拍自己的背，為了那些您已經做到了的目標安慰一下自己？只注重自己的錯誤，而不注意您的成功，可能會導致您未來在“滑跤”時感到虛弱或絕望。

In order to counteract these feelings of self-doubt, discouragement or defeat, it’s important to **give yourself credit for everything you do right.**

為了消除自我懷疑，沮喪或擊敗等這些感受，每次為自己已經做到目標給點獎勵是重要。

When you begin to give yourself credit every time you do something right, you can more easily see that those times when you “slip” are just momentary mistakes, not complete disasters.

當您開始相信自己，在每一次您做一些正確的事情的時候，您可以更容易地看到當您“滑跤”時，只是一時的失誤，而不完全是災難。

By consciously giving yourself credit, you will reinforce your self confidence and build awareness that you are strong and in control.

通過有意識地給自己獎勵，會加強您的自信心和提高堅強和自我控制良好的自我

A Sneak Peak at What's Ahead (The Next Session)

讓我們偷看一眼 下一個是什麼？ (下個單元主題)



To Do: 待辦事項:

基本知識：

- Keep track of your weight.
- 記錄您的體重。
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - 自己在家每天量體重或每週至少在同一時間量一次。
 - Record your weight in the Keeping Track book.
 - 寫下您的體重在體重控制記錄簿上。
- Keep track of what you eat and drink using the Keeping Track book. 記錄您吃過了喝過了什麼在體重控制記錄簿上。
- Keep track of your physical activity in the Keeping Track book. 記錄您做過的身體活動在體重控制記錄簿上。
- Be physically active for at least 150 minutes per week. 每週運動至少 150 分鐘。

Challenge Yourself:

挑戰自我：

- Practice replacing self-defeating thoughts with positive ones.

第 15 课

Group Lifestyle Balance
平衡您的心態，第 11 頁

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- 練習用積極的思想代替自我挫敗的想法。
- Write down 1 or 2 things you have done right each day in your Keeping Track book.
- 記錄您每天您做對的一件或兩件事情在體重控制記錄簿上。
- **Additional Notes:**

課外補充：



Session 16: Strengthen Your Exercise Program

第 16 課: 強化您的運動訓練計劃

Include Resistance Training as Part of Your Weekly Exercise Program 讓阻力訓練成為您每週運動鍛鍊計劃的一部分



Well-rounded physical fitness is made up of four basic components: cardiovascular fitness (aerobic), flexibility, muscular strength, and muscular endurance. Each component of physical fitness can be achieved with different types of physical activity. Aerobic activity can improve cardiovascular fitness and may have the greatest impact on weight control and cardiovascular disease risk. Resistance training (also known as strength training), which is defined as any type of physical activity in which you move your muscles against resistance, will improve muscular strength and endurance, improve your body's ability to handle insulin, along with several other health benefits.

強健的體魄是由四個基本部分組成：心血管健康（有氧），柔韌性，肌肉力量和肌肉耐力。體能的各個成分可以與不同類型的身體活動來實現。有氧運動可以改善心血管健康，並可能對控制體重和心血管疾病風險的影響最大。阻力訓練（也稱為力量訓練），其定義為任何類型的身體活動中，您使用肌肉對抗阻力的運動，此運動將提高肌肉的力量和耐力，改善您的身體運用胰島素的能力，另外還有幾個其他的健康益處。

Your body is challenged everyday to perform many tasks that require a certain level of muscular strength and endurance. A safe resistance training program can help you maintain a lifetime of physical independence by providing many proven benefits.

您的身體每天都會面臨挑戰，以執行許多需要一定程度的肌肉力量和耐力的任務。一個安全的阻力訓練計劃可以藉由許多行之有效的好處，來幫助您維持長久的身體獨立運作功能。

Benefits of Resistance Training

阻力訓練的好處

Increases Muscular Strength and Endurance

增加肌肉力量和耐力

- A program of consistent resistance training will allow you to perform daily activities, such as carrying groceries, yard work, and shoveling snow with greater ease.
- 持續的阻力訓練將能夠促進您執行日常活動，如攜帶雜貨，院子裡工作，鏟雪將變為更容易。
- Enhanced skeletal muscle strength and endurance can help prevent exhaustion and soreness associated with strenuous activities of daily living.
- 增強骨骼肌肉的力量和耐力可以幫助防止日常生活的劇烈活動所造成的疲憊和酸痛。

Minimizes Loss of Muscle Tissue Associated with Aging

降低與年老相關的肌肉組織喪失

- Muscle mass naturally diminishes with age. Resistance training can help in preserving or enhancing your muscle mass, at any age. 肌肉量會自然地隨著年齡增加而減少。阻力訓練可以幫助在任何年齡的您保持或提高肌肉質量。
- Additionally, as you lose muscle, your body burns calories less efficiently, which can lead to increases in body fat and make it difficult to lose weight. The more toned your muscles, the easier it is to manage your weight.

此外，當您失去肌肉，您身體燃燒熱量的效率較低，這可能會導致體內的脂肪增加，使您難以減輕體重。所以體內的肌肉比例越高，您越容易管理體重。

Assists with Maintenance of Bone Strength

幫助保養骨密度

- By applying a moderate amount of stress to your bones, resistance training increases bone density and reduces the risk of osteoporosis.
通過施加適度的重量至骨骼，阻力訓練會增加骨密度，減少骨質疏鬆症的風險。
- If you already have osteoporosis or reduced bone density, resistance training can lessen its impact.
如果您已經有骨質疏鬆症或骨密度減低，阻力訓練可以減輕其影響。

Reduces Your Risk of Injury

減少受傷的風險

- Building muscle protects your joints from injury. Specific types of resistance training, such as free weights, resistance bands, and body weight exercises can enhance balance, coordination, and posture.
鍛鍊增加肌肉可以保護您的關節避免受到傷害。特定類型的阻力訓練，如舉重，阻力繩和重量訓練可以增強您的平衡、協調力和體態。
- Stronger muscles equal better mobility and balance, leading to a lower risk of falling or being injured.
較強壯的肌肉等於更好的移動性和平衡性，如此一來能降低跌倒或受傷的風險。

Improves Your Sense of Well-Being

提高您的幸福感

- Resistance training can improve your body image, boost self-confidence, and reduce the risk of depression.
阻力訓練可以幫您改善身體曲線，增強自信心，減少抑鬱症的風險。
- Regular resistance training can improve sleep patterns and aid in a better night's rest.
經常性的訓練可以改善睡眠模式和更好的夜間休息

How about it's Impact on Diabetes?

對糖尿病有什麼影響？

- Resistance training can help improve insulin sensitivity and aid in blood glucose control.
阻力訓練可以幫助提高胰島素敏感性，有助於血糖的控制。

- The combination of resistance training **and** aerobic exercise will provide even greater benefits than either alone. For this reason, the GLB program strongly recommends that you perform both regularly. This is in line with the national recommendations as mentioned below.

阻力訓練和有氧運動的結合將提供更大的利益遠勝於單一執行。由於這個原因，GLB 課程強烈建議您規律地執行這兩項運動。在全國健康建議也推薦如下所述。

In 2008, the Physical Activity Guidelines for America were developed by several organizations including the US federal government, the American College of Sports Medicine, and the American Heart Association. Acknowledging the many benefits of resistance training, these guidelines clearly state that, “in addition to aerobic exercise, adults should perform muscle-strengthening activities that involve all major muscle groups on 2 or more days per week.”

在 2008 年，幾個組織包括美國聯邦政府，運動醫學的美國學院和美國心臟協會所組成的美國的體育運動鍛鍊指南已確認阻力訓練有很多好處，這些準則明確指出，“除了有氧運動，成年人應該執行每週 2 天或以上的所有主要肌肉群的肌肉加強鍛鍊運動。”

Remember that resistance training is only one component of your overall exercise program. It should **complement** and **not replace** aerobic physical activity.

請記住阻力訓練是您的整個運動鍛鍊計劃的一部分。它是用於幫助但不能取代身體有氧運動。



How to Improve Muscular Strength and Endurance 如何提高肌肉力量和耐力

The F.I.T.T. Formula, which we discussed several times throughout the physical activity portion of the GLB intervention program, can also be used here to identify key components of a resistance training regimen necessary to improve your muscular strength and endurance in a safe manner.

我們在整個 GLB 的體育運動部分曾多次提及 F.I.T.T. (十、分、強、健) 準則，我們也可以用其來確認用一個安全的阻力訓練來增加肌肉力量和耐力的關鍵性。

	What to do 該做什麼
Frequency “間” 間隔	<ul style="list-style-type: none">• 2-3 days/week non-consecutive days 每週 2-3 天，不連續兩天執行
Intensity ”強” 強度	<ul style="list-style-type: none">• 8-10 exercises* 8-10 種運動*• 12-15 repetitions** 重複 12-15 次**• 1-3 sets*** 每次做 1-3 組***
Type ”分” 分類	<ul style="list-style-type: none">• Machines, free weight, fitness bands, etc. 健身器材，重量訓練，健身阻力繩等
Time ”十” 時間	<ul style="list-style-type: none">• 15-60 minutes 15-60 分鐘

***At least one exercise should be performed on each major muscle group (e.g. chest, back, quadriceps, hamstrings, shoulders, biceps, triceps, abdominals)**

*讓每個不同的主要肌肉群至少做到一項運動 (例如：胸部，背部，股四頭肌，膕繩肌，肩部，肱二頭肌，肱三頭肌，腹肌)

****A repetition is taking one exercise through its complete range of motion one time**

**重複是指做一項完整的動作讓大範圍的肌肉群都運動到

*****A set is a group of repetitions consecutively performed before resting**

***一組是指做連續重複動作 12-15 次然後休息



The Essentials of Any Resistance Training Program **阻力運動訓練計劃的重要性**

What to do before, during, and after a working? Like aerobic training, it is important that you warm up and cool down, but here are some additional guidelines for resistance training!

我們在運動鍛鍊之前，之間和之後該做什麼？

拿有氧運動來說，運動前暖身和運動後讓身體慢慢緩和下來是重要的，所以我們接下來要來看看做阻力訓練有哪些額外的指導方針！

Before 運動前:

- Check your equipment 檢查您的設備
 - Inspect machines, free weights, and bands/tubes to ensure they are in good condition
檢查健身器材，重量訓練機器，健身阻力繩以確保其處於良好的狀態
- Have a plan 有一個運動計劃
 - Know what joints and muscles each exercise targets
知道哪個關節和肌肉是運動鍛鍊的目標
 - Know how to modify or eliminate exercises that may be inappropriate for you
知道如何調整或避免可能不適合您的運動項目
- Get comfortable 要讓自己舒服
 - Wear clothing that allows you to move freely through a complete range of motion
穿舒適合身的衣服，讓您做運動鍛鍊時可以大範圍的自由移動
- Get warmed up! 先做暖身運動！
 - Perform low intensity exercises (e.g. walking in place) and gentle stretches as a good warm up.

先進行低強度的運動（例如：原地步行），並做溫和的伸展運動都是一個很好的暖身。

- Be Secure! 注意安全！
 - When using fitness bands, it is important to secure the band in a door with a proper anchor
在使用健身帶時，確定它安全的固定一個適當的角度是重要的。
 - You must also make sure that you are able to maintain a good grip of the band throughout the exercise.
您還必須確保您在使用健身帶運動鍛鍊時能夠保持良好的抓力和身體重心。

During 運動期間:

- Stay in control 保持控制
 - Always use proper form (do not use momentum)
請務必使用正確的方式（請勿使用衝力）
 - Use slow and controlled movements (never fast or jerky motions)
做緩慢而可控制的運動（永遠不做太快或瞬間的動作）
- **NEVER** hold your breathe 千萬不要屏住您的呼吸
 - Breathe throughout the exercise, especially when moving against any resistance
在整個運動過程中保持呼吸，尤其是做對抗阻力運動的時候
- Rest 休息
 - Rest for 30-60 seconds in between sets
在每組運動鍛鍊間休息 30-60 秒

After 運動後:

- Cool down 放鬆運動
 - Perform low intensity exercises (opposite of a warm-up)
進行低強度的運動（不同於暖身運動）
 - Allow your body to ease back down to where you were before you began the workout

讓您的身體慢慢放鬆回到開始運動鍛鍊之前

- o Perform gentle stretches
執行溫和的伸展

NO PAIN, NO GAIN is a MYTH, but SORENESS may occur.....

一分耕耘 . 一分收穫的迷思 . 當疼痛可能發生時.....

We've all heard the expression "No pain, no gain," but did you know that's actually not true? Many people think if their muscles don't hurt, they're not having a quality workout. This is way off base. While resistance training can be intense, and some level of discomfort or soreness may occur, pain is not required for a successful workout. It's also important to note that pain can be a warning sign of an exhausted muscle or torn ligament.

我們都聽過這句話“一分耕耘，一分收穫”，但您可知道，實際上是不是真的？很多人認為，如果他們的肌肉沒有感受到疼痛，他們就沒有達到運動鍛鍊。這是大錯特錯。阻力訓練可以是強烈的並可能會產生一定程度的不舒服或酸疼，但是一個好的、成功的運動鍛鍊是不會產生疼痛的。同樣重要的，我們要注意疼痛可能是一個過度疲憊的肌肉或韌帶撕裂的警示標誌。

Some soreness is normal. When performing resistance training, it is normal to experience some soreness the next day. The good news is that there are steps you can do to decrease soreness: 有些酸痛是正常的。當進行阻力運動訓練時，第二天會產生一些疼痛是正常的。好消息是，你可以運用一些步驟以減少酸痛：

- Progression is the key! Remember to always take it **SLOW** when first starting out. You want to gradually work up to performing 3 sets of 12-15 repetitions. If this is your first time performing resistance training or your first time you're getting back into after taking a break, start out with 1 set of 12 repetitions. Over time, you can start to increase the number of sets and repetitions. 循序漸進是關鍵！記住，剛開始時一定要慢慢來。你要慢慢地達到執行 3 組 12-15 次的重複運動。如果這是您第一次開始進行阻力訓練或者你剛休息完準備重新開始，你只要先做 1 組 12 個重複的運動。隨著時間的增加，你就可以開始增加訓練組數及重複的次數。
- **REST** is essential! Make sure you allow yourself the opportunity or rest in each workout. You do not want to perform resistance training on the same muscles two days in a row. 休息是不可避免的！請確保你讓自己在每一次運動鍛鍊後有休息的機會。你不想讓同一個肌肉群連續進行兩天或以上的阻力訓練。

A Sneak Peak at What's Ahead (The Next Session)

讓我們偷看一眼 下個單元主題是什麼？



To Do 待辦事項:

The Basics 基礎要素:

- Keep track of your weight.
記錄您的體重。
 - Weigh yourself at home daily or at least once a week at the same time of day
自己在家每天量體重或每週至少在同一時間量一次。
 - Record your weight in the Keeping Track book.
寫下您的體重在體重控制記錄本上。
- Keep track of what you eat and drink using the Keeping Track book.
記錄您所吃過了、喝過了什麼，在體重控制記錄本上。
- Keep track of your physical activity in the Keeping Track book.
記錄您所做過的身體活動在體重控制記錄本上。
- Be physically active for at least 150 minutes per week.
每週運動鍛鍊至少 150 分鐘。

Challenge Yourself 挑戰自我:

- Pick a resistance training activity. Add this to your exercise program twice a week.

選一項阻力訓練。把它放在你的運動計劃中，一星期做兩次。

Additional Notes 課外補充記錄:



Session 22: Looking Back and Looking Forward

第 22 課：回顧及展望

How do Successful Weight Losers Think? 成功的減重者都是怎麼想的？

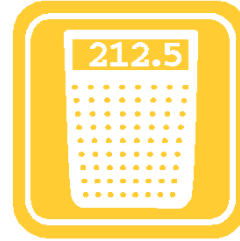
There's an old saying, "A path is made by walking on it." Researchers have studied people who have lost weight and kept it off. Studies suggest that successful weight losers describe a shift in their thinking patterns.

有句老話，“路是人走出來的。”研究人員對成功減重並保持體重者進行了一項研究。研究表明，成功的減重者列出了一張他們的思維模式轉變的表格。

Old thinking 舊思想:	New thinking 新思維:
Try to fool themselves 試圖愚弄自己	Being honest with themselves 誠實的面對自己
Looking for a "magic" cure 尋找一個“神奇”治療	Recognizing that behavior change takes hard work and persistence 知道行為的改變需要努力和毅力
Looking for a "cookbook" approach that applies to everyone 尋找一個適用於每個人“食譜”的方法	Fitting the tried-and-true ways of losing weight into their own lifestyle 轉化實質證明有效的減重方式作為自己的生活型態

<p>Looking for someone else to fix their weight problem or take the blame for it 找別人來解決自己的體重問題，或者怪罪他人</p>	<p>Taking "lonely responsibility" for doing what needs to be done or for not doing it 以“獨自責任”的態度，看待需要做或者不這樣做的行為</p>
<p>Thinking of weight loss as an end in itself 視減肥本身為單一重點</p>	<p>Thinking of weight loss as part of an overall process of learning about themselves and their priorities 視減肥為認識自己及確認優先事項的過程</p>
<p>Being afraid to fail and/or punishing themselves when they do fail 當失敗時，害怕面對失敗、懲罰自己</p>	<p>Being willing to make mistakes, learn from them, and try again 願意嘗試錯誤並從中吸取教訓，然後再試一次</p>
<p>Wanting to do it perfectly right away 想要馬上達到完美境界</p>	<p>Being willing to settle for "small wins" and building on the positive, one step at a time 樂於滿足於“小成功”且建立正向態度，並穩健地踏出每一步</p>
<p>Seeking approval or forgiveness from others 尋求他人的批准或寬恕</p>	<p>"Owning" their successes and mistakes 對自己的成功與失誤“負責”</p>
<p>Relying on willpower, control, or discipline 依靠意志力，控制或紀律</p>	<p>Making choices one at a time, being flexible, and trusting themselves 一次做一個靈活的選擇，並相信自己</p>
<p>Blaming themselves or seeing the needs of others as more important than their own 責備自己或視別人的需求比自己更重要</p>	<p>Maintaining a healthy self-interest 保持一個健康的利我狀態</p>

What do Successful Weight Losers Do? 成功的減重者都怎麼做的？



National Weight Control Registry 美國國家體重控制登記

The National Weight Control Registry (NWCR) is a research study developed by Rena Wing, PhD and James Hill, PhD. The registry has identified over 6000 “successful losers” aged 18 years and over who have lost 30 pounds or more and kept it off for at least one year. Here are some facts about the members.

美國國家體重控制登記 (NWCR) 是 Rena Wing 博士和 James Hill 詹姆斯·希爾博士所開發的一項研究。註冊表已經登記了超過 6000 位 18 歲及 18 歲以上，減重至少 30 磅以上並保持至少一年的“成功的減重者”。以下是有關成員的一些記錄。

- **The average weight loss is over 70 pounds per person.**
平均每人減肥 70 磅
- **About half lost weight on their own, the other half sought help.**
大約有一半的體量是靠自己減的，另外一半則是尋求幫助而減的。
- **Weight losses have been maintained for five years, on average.**
減重後平均已經保持了五年。
- **Over 90% have tried many times before achieving success.**
超過 90% 的人在獲得成功之前嘗試了很多次。
- **About 95% said the overall quality of their lives improved.**
約 95% 的人表示他們的整體生活素質已提高。
- **About 92% said their energy level and mobility got better.**
約 92% 的人表示他們的身體能量水平和活動性變好。
- **For 91% there were decreases in depressive symptom**
約 91% 的人表示憂鬱的症狀有減少

Winning at Losing: How They Keep it Off 成功的減重：他們如何保持

The majority of successful losers (89%) said they changed both their eating habits and their physical activity to lose weight.

大多數成功的減重者（89%）表示，他們改變自己的飲食習慣和運動鍛鍊來減肥

- **The three most common dietary changes included limiting sugary and fatty foods, decreasing portions, and counting calories**
三種最常見的飲食改變，包括限制含糖和脂肪的食物，減少的食量和計算卡路里
- **Most did regular physical activity as part of their weight control program and most did so at home.**
大多數人把規律的身體活動作為自己的體重控制計劃的一部分，且大多數人在家裡做運動。
- **They averaged about 60 minutes of moderate-intensity physical activity each day, usually walking.**
- 他們每天平均做約 60 分鐘的中等強度身體活動，通常是走路。

The majority report other consistent behaviors.

大多數人報告他們還做了其他持續性的行為改變。

- **Self-weighing more than once a week**
每週自己量體重至少一次
- **Having a plan for getting back on track when regain occurs**
當體重上升時會有計劃性讓體重回到正常的軌道
- **Regular eating patterns (on average 4.7 times/day)**
定時定量的飲食習慣（平均一天 4.7 次）
- **Rarely skipping breakfast**
很少不吃早餐
- **Eating out no more than three times per week, and fast food no more than once a week.**
外出用餐每週不超過三次，快餐一週不超過一次。
- **Watching less than 10 hours of TV per week.**
每週看電視不超過 10 個小時

Long-term maintenance of weight loss is possible!

長期維持減重是可能的！

- **Consistent patterns of eating with little splurging on weekends or holidays.**
持續定時定量的飲食習慣，只在週末或節慶假日時小小破例一下。

For more information, or to join the National Weight Control Registry, go to: www.nwcr.ws/

欲了解更多信息，或參加國家體重控制登記，請至 www.nwcr.ws/



**What's Your Story?
您的故事是什麼？**

Now that you have completed the Group Lifestyle Balance Program, we invite you to reflect on your personal healthy lifestyle story. What words of wisdom can you share with others who learn they are at risk for diabetes and/or cardiovascular disease?

您現在已經完成了 GLB 均衡生活方式的課程，我們邀請您來回想您個人的健康生活型態的故事。您可以分享一些智慧的話語給得知自己是糖尿病、心血管疾病高危險群的朋友們嗎？

What did you find most helpful when feeling discouraged about your progress?

當您感覺氣餒的時候您覺得什麼對您的進展最幫助？

Write a message to yourself for the future. Make it a powerful statement that will guide you in the coming months and years.

寫一段話給未來的自己。使它成為一個在未來幾個月和幾年能引導您的強大聲明

These behaviors are your foundation for healthy lifestyle success. Keep using them!

這些行為能為您的健康生活方式奠定成功的基礎。請繼續使用他們！



To Do:
待辦事項:

The Basics 基礎知識:

- **Keep track of your weight.**
記錄您的體重。
 - **Weigh yourself at home daily or at least once a week at the same time of day.**
自己在家每天量體重或每週至少在同一時間量一次。
 - **Record your weight in the Keeping Track book.**
寫下您的體重。在體重控制記錄簿上。
- **Keep track of what you eat and drink using the Keeping Track book.**
記錄您吃過了、喝過了什麼，在體重控制記錄本上。
- **Keep track of your physical activity in the Keeping Track book.**
記錄您做過的身體活動在體重控制記錄本上。
- **Be physically active for at least 150 minutes per week.**
每週運動至少 150 分鐘。

Challenge Yourself 挑戰自我 :

Remember: You have the tools you need for success in maintaining your healthy eating and activity behaviors! You know what you must do to succeed, and your

lifelong learning challenge will be keeping these skills ready and available even when you may find yourself on the slippery slope.

請謹記：您有必備的工具來成功地維護您的健康飲食和活動型態！您知道您應如何做才能成功，而且您必須終身學習面臨挑戰，並隨時保有這些技能，來面對幫助有可能在走下坡的自己。

Additional Notes:

課外補充記錄：

“Success is the sum of small efforts, repeated day in and day out”
Robert Collier
“成功是重複日復一日小努力之總和”